

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.





# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
July 1, 1944

### IN THIS ISSUE

HOME-CANNING.....Off to a good start in the West....Fruit prospects are encouraging.....apricots, peaches and berries can go on the July canning schedule right now.

CHEESE.....Back on the ration list...with cheddar variety still at ten points per pound because it's such an important overseas food.

FOOD FOR KIDS.....School lunches will continue to safeguard the health of America's youngsters with government aid.... programs will be community affairs as in the past.

HEALTH'S WORTH IN FLOUR..Enriched flours may cost a few cents more but the homemaker gets her money's worth in food value.... here is information on enrichment that will help your listeners to understand why enriched flour is more nourishing.

HORN OF PLENTY.....That's what this week's report of fruit and vegetable supplies sounds like....as the list of both fruits and vegetables available in the West increases with the summer harvest.

**US Department of Agriculture**  
**Food Distribution Administration**

---FOODS IN THE NEWS IN THE WEST---

MEAT AND POULTRY.....Meat supplies are about the same. The improved feed and pasture situation seems to have slowed down the pace at which livestock have been moving to market. Pork, of course, remains the most plentiful of meats..... in some places, choice lamb, veal and beef cuts are scarce. But in nearly all markets, lower grade beef supplies are adequate. Some markets report a shortage of pork loins and hams. The "pitch" for consumers, in terms of meat consumption is still less popular cuts, particularly those remaining on the unrationed list.

Chicken supplies are ample.....plenty of leghorn hens are coming to market...this means more baked chicken, fricassee and chicken pie. And those in rural areas where chickens are being culled might consider canning or freezing some of the extra supplies now available.... that chicken'll come in mighty handy next winter when supplies are normally lower.

ONIONS..... Onions are in good supply....farm prices are lower, but retail prices continue at or near ceiling. Western onion supplies are increasing and increased consumption is warranted.

APRICOTS..... The month of July is apricot-canning time in the West. A heavy harvest is coming to market, with prices now at levels to encourage home-canning.

CHEESE..... Here's why cheeses are back on the ration list...they were ration-free for a two weeks period to permit reduction of large stocks of perishable cheeses in wholesalers' and retailers' hands....and now they'll cost four red points per pound....with cheddar still at ten red points a pound.

FISH..... Civilians will get 10 percent less canned sardines, mackerel and herring from the '44 pack than was announced earlier this year by WFA, due to substantially increased military and other war demands. There has been a 10 percent increase in the canner set-aside on these items, to 55%. The ruling applies to all fish packed between last June 25 and February 28, 1945.



---MORE FRUIT FOR HOME CANNING---

Let's take a look at the fruit supplies in prospect for the nation's army of home canners. Wise homemakers are looking over their canning equipment now and making estimates of how much fruit the family will need in the coming months. They know that on their efforts will depend the quantities of canned fruits served at winter meals....for they've heard that smaller quantities of commercially canned fruits will be available to civilians next winter. However, a bright spot in the picture is that supplies of fresh fruit on the market will equal, and in some cases, surpass those of last year.

The apricot crop is estimated at three times as large as in 1943....about a third above average. Even with more apricots being dried and canned for direct war needs, the fresh fruit available for home consumption and canning will be about fifty percent more than last year. Right now, it's the beginning of apricot canning time in many parts of the West.

California, which produces 90 percent of the apricots, expects a harvest of over 23 million boxes (25 pounds each), compared to about 6 1/2 million boxes last year. The state of Washington expects over a million and a half boxes of apricots, it's largest crop on record.

In 1943, most of the canned and dried apricots went to non-civilian claimants, with only about a tenth of the commercial pack going to U. S. civilians. This year, we not only have more fresh apricots for home canning....but U. S. civilians will receive more than a third of the much larger canned and dried pack.

Peach crop promises are good, too....a crop 60 percent larger than last year and 17 percent above the average. However, non-civilian claims have doubled for canned peaches, and the set-aside for dried peaches will equal that of last year. So if the folks at home want more canned peaches than they were able to buy last year, they'll have to step up their home canning output. Under present allocations, civilians can plan on having almost twice as many peaches for fresh use and for home canning as they did last year.

While there isn't an official report on the apple harvest yet, prospects now are for at least a normal crop....which would mean a third larger crop than last year's small yield.

The pear crop will average about 15 percent more than last year, with the large increases in the East and Pacific Northwest where the crop matures in the late summer and early fall. Here again, non-civilian requirements have been increased. So U. S. civilians can only expect about the same quantity of the total crop they received last year for fresh consumption.

Plums are one of the fruits in smaller supply than last year.

---HAND PICKED FOR FRESHNESS---

In line with our summary of the fresh fruit supply for civilians, here are a few pointers to stress in selecting and preparing fruits for canning.

Fruits should be firm and ripe. For canning buy only fresh fruits produced locally or those which arrived by shipment in good condition.

If fruits must be held, keep them cool and well ventilated.

When ready to be canned, fruit should be sorted for size and ripeness... this is to assure more even cooking. Avoid using fruit for canning that shows signs of decay. Even if bad spots are cut out, bacteria may remain in the rest and spoil the whole batch. Set aside soft but sound fruit for juice or jam.

Fruit should be pre-cooked briefly before it is canned. Then packed hot, the fruit shrinks and more will go into the jars...also the processing time in the canner is shortened. Fruits may be pre-heated in fruit juice, in sirup or water. When some fruits are heated, they yield enough juice of their own, and thus don't require the addition of more liquid. Adding sugar before heating also helps to draw out the juice.

Before you start to can, it's important to know how many pints or quarts of canned fruit can be filled by a bushel of peaches or a few cups of berries. That way you'll come out even, with jars. A table on page 13 in the new bulletin "Home Canning of Fruits and Vegetables", has the yield of canned fruit from fresh.

Note to Broadcasters: A copy of this bulletin is enclosed. And if you wish additional copies for your listeners, write us....(Marketing Reports Division Office of Distribution, 821 Market Street, Room 700, San Francisco 3, California.

#### ---MORE ABOUT CHEESE---

Perhaps your listeners have wondered why American cheese (or cheddar) continues to require so many ration points.

As you know, we're sending large quantities overseas. American cheese is ideal for the boys at the fighting front. It keeps equally well in tropical or freezing climates. Then it's especially valuable as a food, because it contains more milk solids and less water per square inch, than most other types of cheeses. What's more, American cheese can take rough treatment; it can be stored away for long periods of time, and when it's ready for use it's still fresh and full of flavor.

Our Allies also need cheddar to make up for diminished milk and meat supplies. And it's an essential food in Red Cross packages to American prisoners.

The government has reserved sixty percent of July and August cheddar cheese production for direct war uses. The reason for high set-asides in July and August particularly, is that production is greater in these months. When production declines during the fall and winter months, the government will take less cheese so that civilian supplies remain even for the year.

#### ---PAPER CRISIS---

There's no relief in sight on the paper shortage question -- until America's lumberjacks return from overseas. We'll soon be virtually without wrapping paper, paper cups, shipping bags, corrugated cardboard boxes for groceries, paper clothes hangers, and clothes boxes. There is a black market right now in merchandise cartons, they are so greatly in demand.



Paper is most needed in our shipments overseas. Jeeps are packed in paper...so are airplane parts, soldiers' uniforms, and food. It takes fifty-two pounds of paper to pack one ambulance. Then too, precious capsules of medicine, and blood plasma -- all these things are carefully paper-wrapped, and it has to be good paper.

That's why we're asked especially to be sure to conserve heavy brown grocery and shopping bags and wrapping paper -- also the corrugated and fiber boxes that canned goods are shipped in. And laundry boxes, cereal boxes, salt cartons, and big suit and hat boxes. These cartons should be opened and folded for collection with newspapers. Heavy quality papers contain wood fibre that goes into the packaging of foods and goods which go from the factory to the retailer, and also overseas. Food and equipment is useless to a soldier on the battle-front if it arrives weatherbeaten and damaged.

Perhaps it's an effort to gather up paper around the house, and see that it gets collected for salvage....but that effort is going to mean more paper for our needs at home. And what's most important, it's going to facilitate sturdy, substantial packing of vital foods and materials going overseas.

---SCHOOL LUNCHES TO CONTINUE---

Here's good news to thousands of American school children and their parents. Congress...convinced of the value of community school lunch programs...has continued War Food Administration assistance in this field by appropriating \$50,000,000 toward furnishing foods served at schools during the 1944-45 term.

During the school year just ended, more than 4 million children in 31,000 schools throughout our country took part in WFA-assisted lunch programs. In the West, a state-by-state report shows the following participation for the past term.

Arizona.....	142	schools.....	30,000	children served.
California.....	1,211	schools.....	184,700	children served.
Nevada.....	25	schools.....	1,731	children served.
Oregon.....	378	schools.....	36,127	children served.
Washington.....	579	schools.....	51,150	children served.
Alaska.....	5	schools.....	564	children served.
Hawaii.....	150	schools.....	18,900	children served.
Idaho.....	166	schools.....	17,600	children served.
Montana.....	208	schools.....	12,920	children served.
Utah.....	238	schools.....	37,953	children served.
Wyoming.....	84	schools.....	9,125	children served.

Wartime values of low-cost lunches for school kids are proving themselves at least as important as pre-war virtues. Juvenile authorities, teachers and parents have agreed that in many places, the school lunch program is a wartime job that would need doing even without a peace-time precedent. Thousands of mothers of school-age children are now employed in war work. It is impossible for many mothers to provide their children with home-cooked noon meals or even lunchboxes. A low-priced hot lunch served right at school can solve this problem at one stroke. And it can solve another equally important problem...it keeps children off the streets at noon, and that is considered protection both against accidents and juvenile delinquency.

Oscar de Reschke, principal of the Franklin Elementary School near San Jose, California, says of the lunch program at his school...."Many of our parents are war workers in this district, and many others are serving in the armed forces. I think we owe something to their children. Our weight charts show scores of children have gained from three to seven pounds in a term, since we started serving noon lunches, while their records of scholarship, absence and illness have improved measurably."

Lunch programs for schools and in child care centers will continue during 1944-45 as the same community affairs they've been in the past. Generally, the school lunch program operates under the local sponsorship of school boards or other school organizations. Parent-Teacher Associations, civic groups, American Legion Posts and other non-profit organizations also act as sponsors of school lunch programs. The War Food Administration will continue to reimburse local sponsors for their purchases of food up to a maximum amount determined by the type of lunches served. WFA will also distribute directly to schools suitable foods which are purchased through its price support program.

This is the way the program works: the sponsors of the school lunchroom sign an agreement with the War Food Administration's Office of Distribution, the government agency disbursing the funds. The sponsors tell what kind of lunch they plan to serve and how many children will eat it. Then the WFA agrees to pay back from two to nine cents for each lunch, depending on the type of meal served and the need of a school for assistance. However, the WFA expenditures in any school for this program cannot exceed the total amount spent for food by the local sponsor.

The sponsors buy all the food and submit monthly claims and reports of program operations. Then the government reimburses the local sponsor. Local groups must pay for lunchroom equipment and labor, since the Federal funds are to be used solely for food purchases.

You may wish to remind your listeners that organizations such as Nutrition Committees and civic clubs can lend their assistance to initiate a local program where it is needed. With community canning centers in operation, some of the extra produce this summer might well be donated for use later in school lunchrooms.

Thus, school lunch programs safeguard the health of the nation's children by assuring them at least one-third of their daily nutritive requirements. They also develop good food habits among children and introduce them to a wide variety of nutritious and plentiful foods. And in addition, the program helps to give farmers and food distributors additional outlets for commodities in local abundance.

#### ---THE ENRICHMENT STORY---

It's a good idea to keep reminding your listeners about the value of buying enriched white flour.

As you know, a government ruling now in effect requires every loaf of white bread and all plain rolls on the market, to be enriched to approved nutritive standards.



But - only about 70 percent of all family flour on the market today has been enriched. Thus it's possible that a homemaker may buy white flour that is not enriched....and she then doesn't receive full benefit of the important vitamins and minerals which were present in the whole grain.

Here are the latest facts on enrichment.

When white flour is milled, part of the wheat is removed in the process. This part contains important food elements necessary for good health. So white flour is enriched with synthetic vitamins, in order that it contain the same vitamins and minerals as whole grain flour.

Of course, all white flour contains calories...but un-enriched flour does not contain the same amount of important food elements as flour that has been enriched.

Enriched flour is just as white as ordinary white flour...and it has the same rising qualities. There is no visible change, it has simply been made more nutritious.

Here's what the label "enriched white flour" means. For one thing, the vitamin niacin has been restored. Niacin is the vitamin which helps to prevent pellagra, a disease which weakens thousands of people in this country. Then, too, the vitamin thiamine has been added. Thiamine has been called the "morale" vitamin. The lack of thiamine tends to cause unsteady nerves, irritable dispositions, poor appetites, and a tired feeling. The third vitamin is riboflavin, the lack of which is apt to make you feel weak and run-down...have unhealthy-looking skin...hair without lustre, and eyes that look dull and tire easily. Then fourth, iron is added...iron, the important mineral which helps to build good red blood. These food elements are required in specific amounts before flour can bear the label "enriched".

Plain white flour may be enriched by the addition of the required amounts of vitamins and minerals, or the wheat may be milled in such a way that the flour contains some of the outer layers of the wheat berry. These two methods may also be combined.

Enriched bread can be made by any one of four methods. Either enriched yeast is used...or enriched yeast and plain flour...or sometimes the required minerals and vitamins are added directly to the dough in pellet form. Riboflavin may be added to the bread by the use of powdered milk in the dough mix. Or these methods may be combined.

It's especially important to emphasize to your listeners the highly nutritious qualities of enriched white flour. Un-enriched flour is a few cents cheaper, and therefore may tempt the housewife who does not know the difference between the two. But if every housewife will insist on "enriched" white flour when she buys, the millers who are still putting out un-enriched flour will have to start enrichment, because of the increased demand.

#### ---WHAT'S IN THE MARKETS---

West Coast markets boast of fruit and vegetable supplies that will warm the hearts of ambitious home-canners....cherry canning is about over, but there's plenty to be done with berries...and even more with apricots, in view of the forecast for a large 'cot crop this season.

## SAN FRANCISCO

Now is the best time for housewives to get berries for canning, and plans should be made for putting up apricots during the next three weeks. Reason for this is the abundance of apricots, and members of the berry family...raspberries, youngberries, boysenberries. Peaches are dropping sharply in price and the small sizes are wholesaling at very low levels. Imperial Valley cantaloupes are much lower than a week ago but as yet the quality is generally only fair. Citrus fruits and avocados are in normal supply, prices are still at ceiling, however. A few early apples are arriving. Black figs are increasing, and a few white figs are now on the fruit stands.

Among the vegetables, cabbage, peas, and squash are probably the best buys. Snap beans are somewhat more plentiful and considered a best buy because there is so little waste in preparing and cooking. Tomatoes are also a little more plentiful than last week and prices have declined too. Local celery is beginning to arrive and should bring down the price which is rather high.

## PORTLAND

Eastern Oregon and Washington are supplying a goodly volume of Bing and Lambert cherries with prices lower than a week ago. Local cherries will arrive in another week and prices should be at or near the bottom, according to wholesalers. Black cherries are more difficult to can than the light varieties. So unless housewives have had previous experience, it is well to consult a food preservation specialist.....or her county home demonstration agent. Broadcasters might give homemakers some suggestions on cherry canning now that supplies are at a peak. The first Thompson Seedless grapes and honeydew melons have made an appearance on the market with prices rather high. New crop apples are coming in... good quality, too...even tho' that green apple pie is going to cost considerably more than usual, it's still a top favorite.

Apricots, plums and peaches are also available....supplies should increase as the season progresses....One of the best buys on the Portland vegetable market is lettuce. Quality is tops and prices within pre-war levels. Local gardens are now supplying bunched vegetables, celery, onions, potatoes, Blue Lake beans. Stock from local sources is fresh and will keep longer than supplies which have been shipped into markets from other states. A week ago the pea market was strong, but heavier arrivals and better quality have been instrumental in forcing prices lower. Summer squash supply is not yet sufficient to meet the demand.

## LOS ANGELES

Apricots for canning is the theme of the Los Angeles fruit market...plenty of apricots with prices at about the lowest they'll be this season. Cantaloups have dropped in price. Plums are increasing and the price is slightly lower. Water-melons are also increasing and prices have dropped considerably. Cherries and strawberries are still selling at ceiling for best quality.

In the vegetable line, tomatoes are plentiful with the best quality slightly higher and ordinary green stock lower. Celery prices have been very high, but supplies are now increasing and prices declining. Italian squash receipts are heavier....so are white summers, at lower prices. Beans and peas dropped slightly in price toward end of last week, but show a slight advance this week. Local corn is now starting.





LIBRARY  
CURRENT SERIAL RECORD

★ JUL 14 1944

U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, Calif.  
July 8, 1944

### IN THIS ISSUE

A REFRIGERATOR WHAT AM.....Uncle Sam's biggest ice box is now being made out of an old limestone mine near Atchison, Kansas. Its 12 million cubic feet of cold air will help take care of seasonal food surpluses for the whole United States.

UNCLE SAM AND HIS EGGS..... The crisis is over, and eggs have been rescued from the over-supply list.

CANNING WITH THE NEIGHBORS.....Back to community living just like the neighbors did in the days of "Quilting Bees". It's fun, it's profitable, and it's patriotic to bring together the canning resources of the community, to put up the victory garden surplus for winter use.

BAG THAT PAPER.....The string bag is in style again for shopping.... now that paper bag allotments for the May to August period are getting slimmer and slimmer.

MARKET BASKET NEWS..... Fruit and vegetable supplies are still piled high in the Western Markets...fruits just right for canning...vegetables for everyone's taste in this summer's harvest.

**US Department of Agriculture**  
**Food Distribution Administration**

---STRESS IMPORTANCE OF FOOD PRESERVATION---

Out here in the West, where our crops are so lush and abundant this year, we might be inclined to feel that winter food shortages will not affect us. But that ever present battle-front problem of supply is with us here in the West, just as it is all over the entire home-front. And that same task of food supply and management is just as vital to us as it is to the armed forces.

We must remember that a food supply is only temporary--and must be replenished constantly. The great majority of all food is consumed within the year of its production. Despite the present favorable food picture, we are rapidly becoming faced with several problems. Farm population has been depleted by the various demands of war industries and the armed forces. Farm machinery is wearing out, and replacement parts are difficult to obtain. With all of this, this years' crops remain to be harvested.

These factors place on us a grave responsibility to prevent food waste... conserve our foods less plentiful in supply... Just how successful will food be used as a weapon against our enemies will depend upon the success the civilian population has in planning and preserving food supplies for the coming year. Home preserved food, safely stored away, eases pressure on rationed goods and lightens the transportation loads which are fully devoted to the transport of essential war materials.

Although Victory gardens will fall a little short of their national goal this year, the 20,000,000 gardens now planted will produce for the home canner. Home canning is one of the most satisfactory methods of food preservation, and should be undertaken to prevent waste of food by spoilage. The commercial growers will be able to furnish about 60 percent of the total civilian needs. The other 40 percent must be grown in the nation's Victory gardens, --- and must be preserved for use during the coming winter months.

Urge everyone to produce all the food they can in their own gardens, and to be sure that every bit of food that can't be eaten right away is properly preserved and stored away. Thus it can become a source of added supplies of essential nourishing food during winter months when our national food harvest is less abundant.

FOOD NOTES FROM EARLY 19th CENTURY WRITINGS

- .....ASPARAGUS first came into use as a food about 200 years B.C. in the time of the elder Cato.
- .....BEANS were used medically by the ancients...when bruised and boiled with garlic, they were said to cure coughs that were thought past other remedy.
- .....MARMALADE made with parsnips and a small quantity of sugar was thought to excite the appetite and to be a very proper food for convalescents.
- .....RADISHES were greatly esteemed by the ancient Greeks. In Apollo's Temple of Delphos, turnips were dedicated in lead, beets in silver, and radishes in beaten gold.
- .....SPINACH was first used in England about 1500 and was thought to be a native of Spain. Young leaves of spinach were used in salads in the time of Queen Elizabeth.



---A REFRIGERATOR WHAT AM---

Have you ever wondered if the family refrigerator would hold another article of food without a tumbling act next time you opened the door? Uncle Sam has had the same thoughts when commercial storage space filled and agricultural commodities poured into the markets during seasons of heavy production.

But how to solve the problem in face of the existing shortages of material and labor. Somewhere along the line, Lt. Col. Ralph W. Olmstead, deputy director of the War Food Administration's Office of Distribution, recalled, as a boy, visiting icy caverns in the western deserts. He directed a search of possible "natural refrigerators" and a 75-year old limestone mine near Atchison, Kansas was picked to become the largest single cold storage house in the United States.

The mine has 12 million cubic feet of space....about 10 percent of all public cooler space in existence in this country. With a normal temperature in the 50's and natural insulation formed by limestone, the mine presents no problem for refrigerating engineers. A number of cooler units will be placed at strategic spots through the mine giving it a temperature between 30 and 32 degrees. Between 3,000 and 3,500 carloads of food can be stored with ease. Also because of its natural floor there is no limit to the load that can be piled up at any one point. A fourteen-foot ceiling gives plenty of clearance for the movement of trucks. Three hundred feet from the entrance is a railroad siding and additional tracks can be laid to unload stocks from freight cars. These cars then can be moved into the mine in small trains pulled by tractors.

A building equal in floor space to this mammoth natural refrigerator would have cost about \$15,000,000. The Atchison project will cost one-tenth this figure. In addition the government will save about three and a half million dollars annually in storage bills.

The project will benefit the farmer because it will be possible for him to market hogs even after all commercial storage is filled. The consumer will be protected because this government-operated refrigerator will keep seasonably abundant eggs and lard and other food from spoiling. Here also will be held food for eventual release to liberated countries and countries under lend-lease. This refrigerator being nearly in the center of the United States, supplies may be shipped either east or west as the situation requires.

War Food Administration officials are hopeful of placing portions of the mine in operation August 1. Lard will be stored as soon as the project is completed. As the vast interior becomes chilled, fat backs, salt and cured meat, dried fruits, and dried eggs will also be put away for future use.

The refrigerator doors at the Atchison project will never bulge either. Mining of limestone by the present owners will continue, and under such an arrangement new storage space will be continually available.

---UNCLE SAM AND HIS EGGS---

"Purchase an extra dozen eggs" was a familiar plea to consumers this spring and early summer in view of the especially abundant supplies of shell eggs. Uncle Sam was also in the purchasing lines at the market turnstiles to protect both the producer and consumer.

By buying shell eggs which were coming to market in excess of consumer demand..and at a price in accordance with law...the Government assured the producer a fair return for his labor and investment. If prices had not been supported, producers might well have sold off too many laying hens, which would have resulted in egg shortages this coming fall and winter. However, now that the seasonal peak in egg production is passed, the War Food Administration is able to curtail its purchases of eggs for the time being.

The stocks of eggs purchased by the War Food Administration to support prices will not be "dumped" on the market. Of the 10,000 carloads...6,200,000 cases...of shell eggs purchased by the War Food Administration during the first six months of 1944, more than 3,000 carloads have already been placed. Some 500 cars of eggs have been distributed to school lunch programs and to hospitals and institutions throughout the United States. Nearly 2,000 carloads have been sold to the trade mostly for drying purposes. The dried eggs will be purchased for our Allies under the lend-lease program.

Since mid-May about 500 carloads of eggs have been broken and frozen for the War Food Administration. The frozen eggs will be held by the War Food Administration as a backlog for use later in the season. The better grades of shell eggs will be retained in storage for use by civilians in the fall months if a seasonal shortage develops.

#### ---CANNING WITH THE NEIGHBORS---

The development of community food preservation centers throughout the country indicates that canning for home use will be definitely increased this year. It is estimated that between 5,000 and 6,000 centers will be in operation this season. This is approximately 35 percent more than last year.

One of the most interesting new trends in community canning is the effort now being made to improve centers already established, either by purchasing additional equipment, or by rearranging the plant for better flow of work, thereby increasing the production capacity of the center. There has also been a trend to use tin in preference to glass containers, which practice also increases production. In some sections of the country, centers have added cooling units, slaughter houses, smoke houses for curing meats, freezer locker units, etc. These facilities serve a real need particularly in rural areas.

Nearly every center in the country is now supervised by persons who have been specially trained. Through workshops on a national, regional, state, and area basis, practically every supervisor and operator has had an opportunity to receive training.

Food preservation centers have been established in 45 states.

According to the most recent survey, the largest number of community canning centers are located in the South with 47 percent of the total. However, this year there has been great expansion in the Southwest and West. Forty-five states already have established food preservation centers.



The main idea behind community canning centers, as you know, is to prevent waste of food by making available equipment and supervision, so that whole communities may have food for their own use. This is extremely important now, because there will not be as much canned food available to civilians this fall and winter, and families will benefit by canning their own food in order to assure well-balanced diets for the coming winter. Women are urged to can only nutritious foods, and to put up such quantities as they are able to use in their own homes...no more. If their gardens produce more than they need, they are urged to share their crops with their neighbors or to can these abundances for school lunch needs.

It might be a good idea to urge your listeners to find out if a canning center is located in their community...perhaps they would be interested in finding out just how these centers generally get into operation. In most cases, interested citizens make an appeal to the county commissioners, the Rotary Club, the Parent-Teacher Association, or other civic organizations...and as a result...surveys are made, and a meeting is held in which a committee is appointed to take charge of the project. The committee works out plans...orders equipment, sets up procedures. Money is raised from individuals, or is donated, to start the operation. In many cases, the canning center becomes self-liquidating, through the expedient of charging 5 cents or 6 cents a can to the participants. The success of a canning center seems to depend on the degree of enthusiasm and spirit of cooperation in the community. In many communities, the food preservation center is a 1944 version of the old-time quilting party...where the neighbors get together for a good time, and incidentally, do a big day's work.

The scope of the development of these centers has been largely dependent upon wartime conditions. Many universities are taking the lead in providing the courses for students and laymen...and often provide actual canning centers on campus, for practical application of the training. This seems to be a good indication of community food preservation as a permanent enterprise.

#### ---FACTS ABOUT THE FOOD SUPPLY---

At present most foods are in good supply and will continue so during the current growing season...barring unfavorable weather.

Beyond the current season, the food supply for American civilians depends upon: the progress of the war, the weather, labor for emergency work on farms and in food processing plants, new farm machinery, and victory gardening and home canning efforts.

While long-range forecasts about food may not always turn out 100 percent correct, here in brief is the present outlook for civilian supplies per capita:

Meats: adequate supplies as long as marketings continue high...except for preferred cuts from the better-grade carcasses on which military takings are heavy and civilian demand is strong.

Dairy Products: fluid milk about same as last year, well above pre-war. Butter, cheese, evaporated milk continue under rationing, with military requirements heavy.

Eggs: record high most of this year, but expectations are that supplies will be smaller next year.

Vegetables: seasonal abundances of fresh vegetables...especially onions, celery, cabbage, green peas, snap beans, tomatoes and melons.

Because of greatly increased military needs, canned vegetables and vegetable juices to civilians will be cut sharply during the year....beginning July 1...especially tomatoes and tomato juice, snap beans, peas, beets, and asparagus.

Fruits: fresh fruits, especially deciduous, more plentiful, but canned fruits and juices about the same as last year's low supply.

Food Fats and Oils: not much change from last year, except that lard will be more plentiful as long as hog marketings continue high.

Sugar: enough to cover essential needs but not to increase rationed amounts.

Grain Cereals: continue plentiful.

---CONSERVE THOSE PAPER BAGS---

Retail stores of the country will have only half their usual supply of wrapping paper and paper bags for the 1944 quarter, May, June, July and August. Total production of paper and paper bags for carrying foodstuffs will be about 11 percent less than the first quarter and approximately 23 percent less than the second quarter of 1943. The 1943 production was also 20 percent below that of 1942, a "normal" year. The present prospective shortage of these materials threatens to become a serious bottleneck in the distribution of foodstuffs to civilians unless both retailers and consumers cooperate in alleviating the situation.

Since 1941 the consumption of pulpwood...the primary raw material used in the manufacture of paper and paperboard...has been at a higher rate than imports and domestic production. As a result the inventory is now down to about three-fourths of normal. There is a shortage of manpower in the woods to cut the pulpwood. Trucks used in hauling pulpwood out of the woods are wearing out. Then too, before the war, we imported a part of our pulpwood from Canada, wood pulp came from Canada, Norway, Sweden and Finland. The bulk of the newsprint was shipped in from Canada. The war cut off our wood pulp supply from Scandinavia and has reduced our supply of pulpwood, wood pulp and newsprint from Canada.

Packaging of supplies for shipment to men on the fighting fronts is fully as important as producing the supplies themselves. Clothing, equipment and food are useless if the packages carrying them fail to protect the commodity in transit. Every piece of equipment has to be individually wrapped in water-proof paper, usually in triple layers. Smoke and explosive shells for 4.2 inch chemical mortars are individually wrapped and then placed in boxes with water-proof liners.



It takes 25 tons of blueprint paper to make a battleship. Each signal corps radio set takes 7 pounds of kraft paper and 3 pounds of book paper. There are 700,000 different kinds of items shipped to the Army, and they are paper wrapped or boxed...More than 8,000 tons of paper are consumed every year by the chemical warfare service for waterproofing overseas shipments. The entire output of one paper mill is not enough to keep up with the demands of storage depots alone.

If current allocations of paper bags and wrappings are to go around, stores and customers must cut down radically on the use of these materials. Many articles will have to be accepted unwrapped by the customer. Purchases from different departments of the store will have to be put all in one bag. Merchandise already wrapped or boxed...such as bread, cereals, soap products, coffee, carton eggs should be taken "as is". So urge your listeners to carry shopping bags or baskets and reuse paper bags whenever possible. The best way for both retailer and consumer to get more paper bags and wrappings is, of course, to collect more waste paper.

#### ---WHAT'S AHEAD FOR JULY TO SEPTEMBER---

BUTTER.....Supplies will be down seasonally about 37 million pounds from the April through June high point. It's a natural decline, because milk production is now decreasing. Civilian allocation for July to September is 395.2 million pounds, compared with 432 million for April, May and June.

FATS AND OILS...Good news for civilians by about 43 million pounds for this quarter. Looks like more French fries on the menu for the next three months.

CHEESE.....Cheddar will be scarce again, but allocations of other cheeses such as Swiss, Italian, Limburger, ect., will be slightly higher than they were last quarter.

#### EVAPORATED

MILK..... Civilian supplies will be lower than for any quarter during the past year. However, condensed milk allocations are slightly higher than they have been for previous quarters.

GOOD SUPPLIES...For July, the entire nation expects to enjoy good supplies of peanut butter, dehydrated soups, citrus marmalade, soya flour, wheat flour, bread, macaroni, noodles, etc. Frozen vegetables will be plentiful, including frozen baked beans and shell eggs.

#### ---WHAT'S IN THE MARKETS---

#### SAN FRANCISCO

Apple pies are on the menu this week, with the early varieties of apples most suitable for sauce and pies coming into market at declining whole sale prices. Nectarines are much lower, although the quality is poor in some cases. Housewives planning to can apricots should do so within the next two or three weeks... choice of varieties includes Royals, Tiltons, and Blendheims. Peaches are plentiful at unchanged prices with the early varieties now being replaced by the larger mid-summer freestone types. Santa Rosa plums are especially plentiful.

However, the California cherry season is practically over, but we are getting large supplies from Oregon and Washington, and a small supply from Utah. Watermelon prices have dropped considerably, and cantaloups are slightly lower. Practically all melons are coming from the Imperial Valley, but a few cantaloups are beginning to come in from the lower San Joaquin Valley, and watermelons from the same district should be ready in a few more days. Youngberries and boysenberries are still in moderate to liberal supply, and housewives planning to can either should get theirs now.

Snap beans, cucumbers, squash and tomatoes are the best buys in the vegetable line. Wholesale prices have declined, especially on squash and tomatoes, and receipts on all four have been moderate to quite heavy. Carrots, cauliflower, lettuce, onions and peas are good buys now. Artichoke quality shows some deterioration, but the prices are lower. Celery and green corn are moderately plentiful, but the prices are still fairly high. Potatoes are plentiful but the prices have increased.

#### PORTLAND

Housewives may have difficulty in securing all the strawberries and raspberries they want for processing, since the main strawberry season is over, and raspberries will not reach a peak until around July 15. Loganberries, youngberries and boysenberries will be more plentiful this year. The peak of the cherry season is here but prices continue to be high. Eastern Oregon and Washington apricots are coming to market this week. Cantaloups, peaches, watermelons and currants are all lower than last week.

Vegetable supplies are fairly plentiful, and lower prices are noted on cauliflower, lettuce and peas. Dry onions are plentiful and prices lower. Now crop potatoes from local gardens are also more plentiful. Prices are still rather high for celery, green corn, snap beans, tomatoes and summer squash.

#### LOS ANGELES

Fruit prices are still rather high this week, apricots and plums being the exceptions, having now reached a suitable level for canning purchase. Peaches of many varieties will be plentiful this year. Cherries are still fairly high, but lower than last week. Figs are rather high. Grapefruit is scarce, with best quality at ceiling, and oranges and lemons are moderately plentiful, with best quality also at ceiling. Cantaloups are plentiful and slightly lower. Other melons are Honeyballs, Honeydews, and Crenshaws. Strawberries are scarce and at ceiling. Youngberries, boysenberries and raspberries are slightly lower. The price of avocados continues fairly high, except the summer black varieties. Some miscellaneous fruits in light supply are bananas, pineapples, mangoes, early pears and early apples.

Among the vegetables, potatoes are in adequate supply at increased prices. Some early Russet potatoes have started to come in from Kern County. Cauliflower is in rather light supply. Corn is moderately plentiful, and slightly lower than last week. Peppers are still scarce. Peas are in lighter supply and slightly higher on good quality. Snap Beans are most plentiful and the price is lower. Among the bunched vegetables, beets, carrots, chard and mustard greens continue to be reasonably priced. Radishes, leeks and green onions are slightly lower than last week. Dry onions are plentiful with prices slightly lower. Squash is cheap and plentiful. Cucumbers and lettuce are in good supply with prices down. Celery prices have declined. Miscellaneous vegetables to be found are asparagus, rhubarb, banana squash, endive, romaine, mushrooms, parsnips and okra.





LIBRARY  
CURRENT SERIAL RECORD

JUL 26 1944

U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
July 15, 1944

## IN THIS ISSUE

- TURKEY TALK IN JULY.....** Uncle Sam is beginning now to get the turkeys to provide our fighting men all over the world with home-style holiday dinners.
- FRUIT BUTTERS THE BREAD....** Fruit butter saves sugar rations, and it's easy to make, using imperfect fruit, windfalls and culls.
- BOXING ON THE HOME FRONT...** There's a serious shortage of wooden containers for the shipment of fruit and vegetable produce. If grocers and civilians will cooperate, 60 per cent of them can be re-used.
- WRAPPING TAKES THE RAP....** The paper shortage isn't going to stop till the war is over...here are some new tips on how civilians can help alleviate the shortage.
- ONIONS MAKE YOU CRY.....** From shortage to surplus...Southern California onion supplies reach a serious crisis. Housewives can rescue the over-supply by storing a few extra pounds.

**US Department of Agriculture**  
**Food Distribution Administration**

## TURKEY TALK IN JULY

Turkeys sent to American fighting forces have played an important role in building morale since the war began. As a result, Holiday dinners this year will again feature turkey and "fixings" wherever an American fighting force is stationed.

### White Meat Or Dark, Mac?

Last year, turkeys for Thanksgiving, Christmas and New Year's Day dinners went by ship, plane, truck, jeep, muleback and manback to battle fronts all over the world. Sailors and Marines wounded on Tarawa ate turkey in sick bay aboard ships that evacuated them from the Island. Turkeys were cooked in galleys of American fighting surface ships and submarines in the Pacific, the Atlantic and the Mediterranean. Turkeys were featured holiday courses for our forces stationed in North Africa, Italy, England, and at home.

This year the turkeys will be obtained by the U. S. Army Quartermaster Corps under a set-aside order announced by the War Food Administration, to be effective July 17, 1944. This order, WFO 106, will operate in nearly all states west of the Mississippi River, in Illinois, Wisconsin and Delaware, and in certain counties in Virginia, West Virginia and Maryland. These are the nation's major turkey producing areas. All turkeys marketed and dressed in these areas will be set aside until the quantity needed is obtained. While the actual quantity to be procured for all the armed services cannot be disclosed, the amount will probably exceed the 35 million pounds obtained under a similar food order last year. The amount will be in addition to the 8 million pounds of hen turkeys obtained during April and May.

### Three Pounds Apiece For Us

Since the requirements for the armed forces are greater this year, the supply of "holiday birds" for civilians will be somewhat smaller. It is expected that civilians will have available about 3 pounds of turkey per capita this year. This is only about a quarter pound less per person than last year. Due to favorable weather and growing conditions thus far in the major turkey producing areas, turkey slaughter is expected to total 480 million pounds compared with an actual total of 466 million pounds last year. By way of comparison, in the pre-war years, 1935 to 1939, the average per capita consumption was 2.6 pounds of turkey.

## FRUIT BUTTERS THE BREAD

With butter supplies smaller the rest of this year, the wise homemaker is now making jelly and fruit butters to stretch the "spreads" on toast and sandwiches this winter.

### How To Save Sugar

Fruit butter is more economical of sugar than any other fruit spread. Also, many fruits too small or imperfect in shape for canning make excellent fruit butter. Since no straining of the fruit is necessary, as for jelly, fruit butter also saves on preparation time and increases the bulk of the end product.

The fruits most commonly used for butters are tart apples, apricots, grapes, peaches, pears, plums and quinces. Apple butter made with cider has an especially good flavor. Also, apples may be combined with grapes, quinces or plums.

#### Here's How It's Done

To make fruit butter, use only sound, ripe fruit...or firm portions of windfalls or culls. Cook the fruit until soft, stirring constantly. Press first through a colander and then a fine seive to give the fruit a smooth consistency. The quantity of sugar varies according to taste, but the usual proportion is half as much sugar as fruit pulp.

A fourth to a half teaspoon of salt added to every gallon of butter brings out the flavor of the fruit. Boil the sugar and fruit mixture rapidly, stirring as it boils so it won't burn. As the butter cooks down and becomes thick, turn the heat lower to prevent spattering. When butter is thick, test by pouring a spoonful on a cold plate. If no rim of liquid appears around the edge, the butter is done. Then stir in spices as desired...one to two teaspoons of mixed groundspices to a gallon of the butter may be just enough to give a delicate spiciness without hiding the fruit flavor. Pour the boiling hot butter into hot sterilized jars and seal.

#### BOXING ON THE HOME FRONT

There's a shortage of wooden containers. This fact, plus a bumper harvest of fruits and vegetables in prospect, has prompted the War Food Administration to urge grocery stores and consumers to use every means to save precious boxes and baskets.

Wooden containers when returned to market channels have re-use value. Orange crates can be used to ship peaches, apples or vegetables. And it is estimated that as high as 60 percent of some commodities, such as cucumbers, beans and broccoli could be marketed in used wooden crates or hampers.

#### Don't Chop It Up For Firewood

Thousands of empty wooden containers are now used by retailers to hold groceries purchased in their stores and carried home by customers. Few of these containers ever find their way back to commercial use again. They are usually burned or destroyed.

Broadcasters can help in the container salvage campaign. You might urge your listeners to use a cloth shopping bag to carry home the larger purchases of food stuffs. Tell them if the merchant packed their groceries in a wooden box last week, not to discard it, but take it back to the grocery store, so the grocer can send it back for another load of produce.



## WRAPPINGS TAKE THE RAP

A valuable addition to any collection of wooden containers being turned in for re-use is any supply of cardboard cartons the housewife might have on hand ...or that pile of heavy brown wrapping paper on the closet shelf that isn't being used.

Heavy brown wrapping paper, and the large-sized, strong paper (kraft) bags are going to be few and far between at the grocery stores from now on. Grocers don't encourage people to return bags because of the danger of spreading contagious diseases. However, barring accidents, kraft bags can stand a maximum of 9 trips from the store, and they are easily carried to the store folded and empty, and then filled by the grocer with the consumer's own purchases.

### No Relief In Sight Till Victory

The paper shortage isn't going to let up this year. It's here to stay until lumber-jacks come home from the war and start felling trees---or another Paul Bunyan appears to shake the forests with his cry of "Timber". The paper shortage is going to affect every single purchase from now on.

### Seven Hundred Thousand Items Must Be Wrapped

Military items from tanks to shoe laces have to be wrapped in several layers to keep out heat, cold, dampness, mold and acids enroute and at supply depots overseas. In the South Pacific, mold caused by the humidity, eats away the glue used for sealing packages and often destroys the contents - medicine, machinery or food -- before they can be moved from the landing beaches, unless they are scientifically and plentifully wrapped. This year the demand for paper has increased, and the supply of pulpwood and raw materials has decreased.

### Everyone Can Help

Americans can help alleviate the shortage, and make the paper go around if they will only be sensible about offering to take factory-packaged purchases without further wrapping. Saving newspapers and magazines helps a great deal, but the most valuable paper is that used for the heavy brown bags and wrapping paper, and the kraft boxes that canned goods comes in. This paper contains the irreplaceable wood fiber which goes into the packaging of food and goods and all that goes overseas. It has strength which the newspapers lack. Both, of course, are valuable, but it is actually a sin to destroy heavy brown paper or bags....Civilians should be urged to line wastebaskets and wrap garbage in newspapers instead of bags....and to save every piece of paper that formerly would have been destroyed.

## FREEZING FRUITS AND VEGETABLES

For the year beginning July 1, war requirements will take a little more than half of our supply of commercially canned fruits and vegetables. So folks who can get fresh produce are planning to supplement winter meals with foods preserved at home. They will be canning, brining, drying and freezing foods.



Wherever freezer locker storage is available, it is one of the best means of food preservations. Vegetables and fruits that are frozen keep almost all of their natural color, flavor and nutritive value.

All fresh foods contain bacteria and organisms that multiply and soon spoil food at ordinary temperatures. While the action of bacteria and enzymes is not stopped completely by freezing temperatures, it is slowed, so foods at zero degrees Fahrenheit keep for six months to more than a year in about the same condition as when they were first frozen.

The Bureau of Agricultural and Industrial Chemistry in the U. S. Department of Agriculture has recently issued a bulletin telling how to prepare vegetables and fruits for freezing. The pamphlet outlines preparation steps and methods of packing. For a free copy, write to Office of Distribution, War Food Administration, Room 700, 821 Market Street, San Francisco 3, California.

### THE FAT OF THE LAND

Because the peak season for milk production is passed, less butter and cheddar cheese will be available for our total civilian population during the July through September period....less than for the past three months. With the exception of butter, the supply picture of other edible fats and oils is improved. Civilians will be getting one billion, 41 million pounds for consumption during July, August and September, compared with 998 million pounds for the past quarter.

The civilian allocation of butter for the next three months is down about 37 million pounds...about 395 million pounds compared with 432 million pounds for April through June. Because of armed-forces requirements, it will be necessary to continue the butter set-aside program through September or October. So civilians can expect less butter the rest of this year than they had the past six months.

### Less Cheddar, Less Evaporated Milk

Cheddar cheese supplies for civilians will also be smaller during the present quarter...103 million pounds compared with 120 million pounds for the preceeding three-month period. The current allocation is larger than for the months of October 1943 through March 1944, when civilians were getting 90 million pounds each quarter. While the cheddar cheese allocation has been cut, civilians will have about 6 million more pounds of Swiss, Italian, limburger and other similar types of cheese during the next three months.

Evaporated milk supplies for civilians, too, will be smaller during the next quarter...about 383 million pounds compared with 435 million pounds from April through June. In partial compensation, the condensed milk allocation has been upped about 4 million pounds.

### THERE'S A DIFFERENCE

Because of the new cuts in civilian allocations of evaporated milk, and the 4 million pound increase in allocations of condensed milk this quarter, housewives might like to know the difference.

Evaporated milk has been sterilized and a set percentage of the water removed. Condensed milk has not been sterilized, sweetening has been added, and water has been removed.

### LUNCH FOR THE KIDS

The national school lunch program's continuation for next school year has been assured through recent appropriation by Congress of 50 million dollars for its operation.

During the 1943-44 school year more than 4 million children in 31 thousand schools throughout the nation participated in the Federal-local program, which will continue this year on a similar basis.

The school lunch program is designed to operate under local sponsorship of school boards or other school organizations, Parent-Teacher groups, civic groups and other non-profit organizations. The War Food Administration will reimburse local sponsors for their purchases of food up to a maximum amount determined by the type of lunches served. The WFA will also distribute directly to schools suitable foods which are purchased through the price support program.

WFA expenditures in any state for this program cannot exceed the total amount spent by the local sponsor, including the value of donated services and supplies furnished by the sponsoring agency for the program.

### A Good Lunch Packs A Punch

The School Lunch program was created to safeguard the health of our nation's children by assuring them at least one-third of their daily nutritive requirements. It also aims to develop good food habits among children and to introduce them to a wide variety of highly nutritious and abundant foods. In addition, the school lunch program will help move abundant foods, and will give farmers and food distributors additional outlets for these commodities. Meals are provided free of charge to children unable to pay for them.

### EGGS FOR BREAKFAST LUNCH AND DINNER

Eggs served "as eggs" or hidden in the cooking are a versatile food in summer meals. The Bureau of Human Nutrition and Home Economics in the U. S. Department of Agriculture has just issued a pamphlet, "Egg Dishes for any Meal". This pamphlet on yellow paper tells first the familiar ways to fix eggs, stressing a few fundamental rules so that the eggs will not be cooked to a tough and leathery state. There are over 40 recipes given for using eggs..... with vegetables and cereals...in salads, salad dressings, and sandwich spreads.. as custards and other desserts.

Although eggs are still in good supply across the country, the recipes in this pamphlet can be used whether eggs are scarce or plentiful. The smaller number of eggs called for in a recipe give an appetizing dish. But when the homemaker has an abundance of eggs, she can use the larger number called for in the recipe and get more food value. Egg dishes, such as custards and puddings, will be smoother and richer when more eggs are used.

Broadcasters may wish to tell their listeners of this 16-page booklet. Free copies of "Egg Dishes For Any Meal" may be obtained by writing to the War Food Administration, Office of Distribution, 821 Market Street, Room 700, San Francisco, 3, California.

### ONIONS MAKE YOU CRY....HELP!!!

Not long ago housewives were crying for onions, but couldn't get them. Now, onion producers and wholesalers are crying help, because they have too many...especially in the Southern California area. The onions that are flooding the markets now can be stored very easily and successfully...if Southern California housewives can be urged to buy up a few pounds ahead, and store them in a cool, dry place, the onion surplus problem will be reduced to a minimum.

There are many flavorful dishes centered around onions that are especially good for summer meals...French onion soup au gratin....liver and onions...many variations of the stuffed onion, with mushrooms, tomatoes, corn and green pepper, ...and of course, what would a summer vegetable salad be without an onion or two?

### APRICOTS ARE THE JACKPOT

A bumper crop of apricots is coming into the Southern California markets...so many that in one record day, enough 'cots came in to supply everyone in the Los Angeles metropolitan area with over a pound apiece...and that's a lot of 'cots.

Of course, the most obvious way of using the crop is to can, and "can all you can". Can them whole, in halves, make them into jam alone or in combination with other fruits....or they make excellent butter.

A fruit salad made with fresh apricots is a delightful summer cooler, either combined with other fruits, or served with cream cheese. One of the simplest stuffed apricot salads is made by mixing cream cheese with a dash of paprika, a half teaspoon of salt and one tablespoon of cream. Wash, halve and pit apricots and stuff them with the cheese.

Fresh apricots make cool and nourishing desserts when added to ice cream, sherbets or puddings, pies or as the "downside" of an upside down cake. They make excellent between-meal snacks for the children, and are a good source of Vitamin A.



## MARKET PANORAMA

### SAN FRANCISCO

BEST FRUIT BUYS - Apricots, peaches and cantaloups, (prices slightly lower).  
 Apricot canning season will continue for another week or two  
 IN MODERATE SUPPLY - Oranges. Watermelons (quality good, prices lower).  
 IN LIGHT SUPPLY - Grapefruit. Apples (prices slightly lower).  
 BEST VEGETABLE BUYS - Onions, lettuce, snap beans.  
 IN MODERATE SUPPLY - Cabbage, potatoes, tomatoes, squash (prices slightly higher).  
 Celery and green corn (slightly lower).  
 Carrots, peas, beets.

### SEATTLE

BEST FRUIT BUYS - Apricots (canning season on) cherries (slightly below ceiling).  
 IN MODERATE SUPPLY - Cantaloups and watermelons (prices lower).  
 Oranges (selling at ceiling except for smaller sizes).  
 Apples (Washington transparents - reasonable prices).  
 IN LIGHT SUPPLY - Calif. peaches, seedless grapes, honeydew and honeyball melons, (prices high). Grapefruit (ceiling) avocados, berries, bananas.  
 BEST VEGETABLE BUYS - Snap beans, celery, squash, tomatoes.  
 IN MODERATE SUPPLY - Carrots and bunched vegetables, potatoes. Onions and peas (slightly higher).  
 IN LIGHT SUPPLY - Cabbage (ceiling), cauliflower and lettuce (higher), cucumbers, eggplant. Asparagus (season practically over.)  
 The first local green corn is arriving from Wapato district - quality good.

### PORTLAND

BEST FRUIT BUYS - Local cherries (light types lower than dark) - ready for canning. Apricots - ready for canning.  
 IN MODERATE SUPPLY - Peaches (ready for canning in about 2 weeks), bush berries.  
 IN LIGHT SUPPLY - Grapefruit. Cantaloups and watermelons (prices lower, but wide range in quality).  
 BEST VEGETABLE BUY - Potatoes - (locals lower, California imports higher).  
 IN MODERATE SUPPLY - Beets, snap beans and tomatoes, (prices lower) celery.  
 IN LIGHT SUPPLY - Carrots (higher - coming from California to relieve local shortage) cabbage (ceiling) cauliflower, lettuce, peas and onions (higher).

The first local green corn, cucumbers and tomatoes are appearing - prices still near ceiling, but will probably decline as receipts increase.

### LOS ANGELES

BEST FRUIT BUYS - Apricots, peaches (prices lower).  
 IN MODERATE SUPPLY - Plums, cantaloups (slightly higher) watermelons (lower).  
 oranges and avocados (all varieties high except blacks).  
 IN LIGHT SUPPLY - Apples (Astrachan) lower - Gravensteins from Sonoma starting to arrive, figs (Black Mission), youngberries and boysenberries (higher) grapefruit, lemons, bananas, strawberries (ceiling) all varieties of raspberries going to canneries since ceilings established.  
 BEST VEGETABLE BUYS - Onions, corn, lettuce.  
 IN MODERATE SUPPLY - Snap beans, cabbage and potatoes (higher) cucumbers (best quality at ceiling) bunched vegetables.  
 IN LIGHT SUPPLY - Cauliflower (high), peas and bell peppers (at ceiling).  
 MISCELLANEOUS VEGETABLES ON THE WHOLESALE MARKET - asparagus, rhubarb, banana squash, endive, romaine, mushrooms, watercress, dill, okra, parsnips, garlic.

942  
BR118  
2



LIBRARY  
CURRENT RECORD  
AUG 5 - 1944  
U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
July 22, 1944

### IN THIS ISSUE

- HOW THEY EAT.....Pioneer report from the Combined Food Board on what they eat in England, Canada and the United States, and a note on Germany.
- A FLAG MARKS THE SPOT....."A" Awards, and how they are earned and awarded to food processors by the War Food Administration.
- VITAMINS...LOST?  
STRAYED?  
STOLEN?.....Fresh air and water are good for man or beast....but not for the life of a vitamin.
- FEATHER WEIGHT VEGETABLES.....How vegetables are dehydrated commercially.
- UNCLE SAM'S GROCERY STORE.....Uncle Sam has lots of customers to satisfy ....here's how he does it.

**US Department of Agriculture**  
**Food Distribution Administration**



Now that the Combined Food Board has released its pioneer report on the food supplies of the United Kingdom, Canada and the United States, comparisons can now be made between current and pre-war eating habits in the three countries.

#### Checking on the Milk Supply

The report shows that in 1943, Americans were using about 16 percent more milk and milk products (excluding butter) than before the war. Canada, too, has been using more milk than before the war, but the Canadians do not eat much cheese. English consumers are eating more than twice the amount of cheese that Americans eat, and more than three times as much as Canadians. But they are still getting 25 percent less milk and milk products than we are.

#### The Meat Situation

Americans have fared well at the meat course, having received on the average of 141 pounds of meat per person last year. Before the war, the average per capita consumption was 134.9 pounds. The average Canadian got about 134 pounds of meat in 1943 and the average Britisher got only about 107 pounds.

#### Fish, Poultry and Eggs

Amazing is the fact that before the war, Americans were eating 5 times as much poultry as the British, and now we're actually consuming 12 times as much. England's fish consumption is still double that of Canada and the United States. In terms of both poultry and fish, the average Britisher got only 18 pounds while the average American got about 28 pounds.

England's supply of eggs is only about one-half that of the United States. There, the consumer received about 29 shell eggs last year. Dried eggs, obtained through lend-lease, are helping to fill the gap.

#### Fat of the Lands

As far as lard and shortening and other fat-bearing foods are concerned, English supplies are seriously deficient...15 percent less than America's. The English have always eaten more butter than Americans, although not so much as the Canadians, who are the biggest butter eaters in the world.

#### Fresh Fruits and Vegetables

In the U.S. our fresh fruit production is limited only by weather and crop yields. During the war, our consumption of tomatoes and citrus fruits increased by 16 percent. Total citrus fruit and tomato supplies averaged 103 pounds per capita, and other fruits totaled about 104 pounds per capita. Each Canadian got about 62 pounds of tomatoes and citrus fruits, and about 72 pounds of other fruit last year. In Great Britain expectant mothers and infants have had an adequate supply of fruit juices, but to the ordinary consumer, a glass of fruit juice is a rare treat which only comes once or twice a year. English housewives are finding potatoes a poor substitute for citrus fruits, even though potatoes contain Vitamin C.

With all her imports cut off, Canada has been forced to rely on her own short growing season for her vegetable requirements. Her supplies of green and leafy vegetables averaged 33 pounds per capita. The British have a program similar to our Victory gardens, which they call the "Dig for Victory" campaign,



that has been so successful that England now has vegetable supplies large enough to insure everyone 133 pounds of green vegetables. This is 42 percent larger than that of the United States.

### No Fat of the Land in Germany

In contrast to the food supplies in these three countries, here are the amounts of food allowed the average consumer in Germany each year: 28 pounds of meat, 23 pounds of fat, 26 pounds of sugar and 26 quarts of skimmed milk.

Food rations in most of the occupied countries are even lower.

### A FLAG MARKS THE SPOT

Food processors who have gone ahead to set records in quality and quantity of production, despite wartime difficulties, are receiving the War Food Administration's "A" Award for achievement.

At present, 172 food processing plants across the country are flying the "A" Award flag, which represent the same high standards of work for food processing as the Army-Navy "E" Award does for industrial production.

### What it Looks Like

The verdant green background of the flag symbolizes the agricultural base of the food processing industry. The center design...a circle formed by a head of wheat on one side and a steer gear on the other...signifies full agricultural production. Within the circle is the blue "A" for achievement. A white star in the upper left hand corner of the flag indicates a year of outstanding accomplishment.

The flag must be won anew each year. However, once a plant gets recognition, it strives to maintain a high record of production in order to be eligible for a new flag. Each successive flag carries an additional service star on the left hand corner...one for each year the award is granted.

### How and Why Awards are Made

The flag was designed to represent the cooperative spirit of the plant as a whole. A pin has also been designed for employees to wear as their personal symbol of cooperation. The pin bears the central device carried on the flag and the words, "Achievement Award - Food Fights For Freedom". Over 100,000 food processing workers in the United States have earned these pins.

Nominations for the "A" Award are originated by Regional Directors of the Office of Distribution, War Food Administration...or by commodity branches of the Office of Distribution in Washington, D. C. Any employee of the Office of Distribution may also propose a plant for consideration. Any awards board then considers the nominations and recommends final action to the Director of Food Distribution.

Both the War and Navy Departments have expressed their desire to have a part in awarding the "A" to outstanding food processors. Therefore, an Army or Navy Officer makes the presentation of the flag at a special ceremony at the recognized plant.

## VITAMINS - LOST, STRAYED OR STOLEN

Fresh air and water are good for man and beast...but not for the life of a vitamin.

The homemaker who wants to assure her family vitamins in proportion to the vegetables and fruits consumed, must buy only the amount of perishable foods her family will eat. The longer vegetables and fruits stay in the market and in home storage, the more vitamins lost.

### "C" is an Easy Victim

Vitamin C is easily destroyed. Heat and air are two of its common enemies and water will dissolve it. So even though some of the "greens", which are relatively good sources of Vitamin C, may seem dirty when they come from the garden, they should not be soaked in water. Wash them quickly in one water bath. Lift them out and place in fresh water. By several quick rinsings, the grit and dirt will sink to the bottom of the basin and the vegetables will not be bruised or crushed. And crushing, also is another way to lose some of the Vitamin C.

### Death by Drowning and Knifing

When cooking fresh greens use just enough water to keep them from sticking to the pan. By cooking vegetables in briskly boiling, slightly salted water, Vitamin C is retained longer....but remember to use as little water as possible.

The less cut surfaces there are, the less vitamins will be exposed to water and air. Cut vegetables in large pieces rather than small ones....or better yet, boil them with skins on.

Vegetables that are to be grated or diced should be fixed just before using. Cole slaw, for example, should be shredded at the last minute so the air will not have much time to destroy the Vitamin C. Vegetables that are shredded lose less vitamins than those that have been chopped. The use of a plastic knife for shredding results in less vitamin loss than using a metal one.

Thiamin, riboflavin and niacin...three of the B vitamins, are soluble in water also. Foods rich in these vitamins should not be soaked, and the liquid in which they are cooked should be used.

### Preserve the Vitamins, Too

There is a knack of preparing frozen foods in order to keep the vitamins, too. Keep them frozen hard until you're ready to use them. Vegetables should be placed frozen, into slightly salted, boiling water.

In canning, acid fruits and tomatoes retain their Vitamin C better than do non-acid vegetables. A good bit of the B vitamins dissolve in canning, so if the liquor in the jar is not used, much of this vitamin value will be lost.

Whether foods are canned, frozen or dehydrated, there are several points to remember if vitamin value is to be retained. Select produce of prime quality and maturity. Second, prepare food immediately before it has time to deteriorate. Use product within a year, if possible, from the time it was prepared.



## DEHYDRATION - IT ISN'T NEW

Dehydrated carrots, onions, turnips, white and sweet potatoes, cabbage and beets taste about the same as fresh stored vegetables when they have been reconstituted with water. Others take on an entirely new flavor when dried.

As for food value, freshly dehydrated vegetables contain about the same amount of protein, starch and sugar as fresh or canned vegetables. Some of the vitamin value is lost but this factor is being overcome as the dehydration process is improved.

The faster the water-evaporation, the less vitamin loss there is.

### Dessicated Vegetables

Dehydration as a method of food processing is old. The Egyptians dried foods thousands of years ago. The American Indians were drying corn, meat and fish long before the white men came to this country. Their pemmican was made from strips of buffalo meat which was beaten until crumpled. The Indians added melted tallow to these meat crumbs and the mixture was stored in leather bags where it would keep for long periods. Our New England forefathers took a tip from the Indians and dried corn, fruit and codfish. In fact, drying codfish for export was the first commercial food industry of North America. Dried vegetables were used during the war between the states. At that time, "dessicated vegetables"....as they were called....meant added nourishment and lighter packs for the soldiers. And when the Klondike gold rush was on, part of the grub supply for miners was dried potatoes. Then during the last world war, 9 million pounds of dehydrated foods....mainly potatoes and soup mixtures went overseas to our forces.

## FEATHER-WEIGHT VEGETABLES

From January through June of this year, 120 million pounds of dehydrated vegetables have been produced to meet the immense needs of war...90 percent of this output going to the armed forces and countries under lend-lease.

While there were only 18 vegetable dehydration companies in the United States at the beginning of the war, there are now around 150. Dehydrated foods have played an important role in this war because they save cargo and shipping storage space. In addition, dried foods keep well and retain much of their original food value, flavor and texture.

### How it's Done Commercially

Vegetables for dehydration are cut into cubes, strips or shreds. Then they are placed on trays or conveyor belts and either dried in cabinets or run through drying tunnels. The drying time ranges from eight to fifteen hours... the principle being to dry the vegetables from the inside out. This exterior of the vegetable is kept moist by controlled humidity in the drier until the inner product is of a desired temperature. Most of the water is evaporated in the early stages of drying and then the heat is decreased.

As you may know, vegetables are 75 to 95 percent water. At the end of the dehydration process, this water content is cut to as little as 5 percent, and the vegetables shrink from one-third to one-sixth the size when fresh. This method of processing cuts weight even more than bulk....to one-tenth that of the raw product.



## Containers are Important

As soon as the water has been evaporated, the vegetables must be sealed immediately. The development of the container industry for dehydrated vegetables is almost as important as the dehydration itself. The container must be moisture, air, vapor and grease-proof. It must be odorless, tasteless and non-toxic. Besides this, it must be strong and durable, immune to insects and corrosion. Most of the dehydrated vegetables are at present packed in five-gallon tin containers. Two of these containers are packed in a wood or fiber outer shipping case which is reinforced by metal strapping for shipment overseas.

## ADD WATER AND IT'S SOUP

Dry-mix and dehydrated soups have appeared regularly on the plentiful food lists for civilians this year. Since these dry soup mixes have come into volume production only since the beginning of the war, they are still unknown to many consumers.

The homemaker who lacks time to prepare soups at home will find the dry-mix and dehydrated soups a convenience food. These soups are packed in paper bags or boxes and the small package is usually sufficient for four to six servings. For preparation, water or milk is added, and after a few minutes of simmering the soup is ready for the family. However, the homemaker should follow directions on the box since each manufacturer has tested his own product for best results.

## Freshness Counts

At present there is a great difference in the quality of the different brands of dry-mix and dehydrated soups. Some consumers may have tried brands that were not palatable..as a result have not made additional purchases. Since these soups under present packaging stay at peak quality only about six months, freshness is one of prime considerations when purchase is made. Consumers should select the freshest looking packages and get acquainted with the fast-moving brands. These dried soups grow stale in grocery stores and in homes; so they should not be purchased too long ahead of using time. And all the contents of a package should be used immediately when the package is opened. Some concerns code their packages on date of manufacture and systematically supply distributors with fresh stocks. By removing from shelves the over-age stocks, they assure the customer a product of high quality.

The nutritional value of these soups is largely that of the chief ingredients...cereals, legumes or vegetables.

About 75 percent of the dry-mix soups manufactured at present have a cereal base and are the chicken noodle or beef noodle variety. In the remaining 25 percent produced, legumes or vegetables are the major ingredients. A few of the legume dry-mix soups have a soybean base. Pulverized peas and beans are the major ingredients. For food value, these dry-mix soups made with legumes are the most significant. The vegetable dry-mix soups are made from a variety of dehydrated vegetables, a few with soybean base. Dehydrated carrots and white potatoes are the principal vegetables used.

Dehydrated soups for civilian use are made from vegetables and other products which are combined into a liquid soup and then dehydrated. This variety, which represents less than 2 percent of the total dry soups manufactured, is used chiefly as baby food.

### UNCLE SAM'S GROCERY STORE

The Office of Distribution, War Food Administration, has the wartime assignment of seeing that necessary groceries are made available to our armed forces, allies and territories. Stockpiles must be maintained in quantities sufficient to meet war needs. But when certain food reserves are no longer needed to meet non-civilian requirements, they are released to American consumers. Inventories are constantly reviewed. By so doing, danger of excessive surpluses to disrupt markets after the war is reduced and stocks are kept in fresh condition. To prevent deterioration in government-owned foods....particularly of a perishable nature...the War Food Administration "turns" its stock which is an established trade practice.

As a result of this policy, the War Food Administration sold back into civilian trade channels more than 15 million dollars worth of food during May and June. The list included canned fruits and vegetables, dried fruit, dairy products, eggs, beans, peas, rice, fish products, and Irish potatoes for manufacture of starch.

Occasionally the inventory reveals relatively small lots of food which are "out of position" for government use. This means, for example, that food sent to one part of the country for shipment overseas may be released to the trade because of changed shipping schedules.

Some of the stocks released were built up as a result of purchase under price support programs....which the War Food Administration has undertaken to encourage production and to assure adequate supplies. These purchases are made during the period of peak production, and as production declines and the market can absorb the commodities they are fed back to consumer channels.

The War Food Administration's Office of Distribution through its Sales Division is attempting to make use of established normal trade channels to release food stocks for civilian use. Generally, the original packer is given the first chance to buy back food stocks. Any balance not sold in that manner is distributed through other usual trade channels.

### Marketing Plentiful Foods

Although American-produced food can not always fill every wartime demand put on it by civilians, our armed forces and allies, there are periods of market surpluses...at least seasonally and locally.

This periodical abundance may be due to particularly favorable growing weather and above normal yields. Or a crop may be overplanted because the year before there was a below average yield and prices at the market advanced. Or, sometimes storage and transportation facilities are limited.

The Office of Distribution, War Food Administration, has been assigned the job of seeing that food produced on American farms is available at the place it is needed at the right time and in the proper form. When there are plentiful foods.....especially perishables....the War Food Administration attempts to see that they are consumed fresh or canned and stored for future use. This not only helps to assure adequate diets for the civilian population the year around, but provides the American farmer a market.

To keep the American public informed as to plentiful foods, the Office of Distribution issues a weekly check list.....also an advance list of foods, likely to be plentiful for the month ahead.



MARKET PANORAMA

SAN FRANCISCO

BEST FRUIT BUYS.....Apricots (canning season over soon)  
 Peaches (prices low-canning peaches to arrive soon)  
 Cantaloups  
 IN MODERATE SUPPLY...Apples (prices lower)  
 IN LIGHT SUPPLY.....Figs (slightly higher)  
 BEST VEGETABLE BUYS..Snap beans, and peas (prices slightly lower)  
 Onions (heavy supply - increased consumption needed)  
 Lettuce, tomatoes, and corn  
 IN MODERATE SUPPLY...Celery, spinach, eggplant, and peppers (prices dropped)  
 IN LIGHT SUPPLY.....Artichokes and cabbage (prices slightly higher)

LOS ANGELES

BEST FRUIT BUYS.....Apricots and peaches (canning season full swing)  
 IN MODERATE SUPPLY...Santa Rosa plums (lower)  
 Summer avocados (prices lower than for Fuertes)  
 Cantaloups, watermelons, grapefruit, oranges, lemons, nectarines)  
 IN LIGHT SUPPLY.....Cherries, figs, and Fuerte avocados (high)  
 Strawberries and raspberries and bananas (selling at ceiling)  
 Boysenberries and Youngberries (higher)  
 Limes and new crop apples (high)  
 Bartlett pears (from Sacramento Valley) and Mexican pineapples  
 BEST VEGETABLE BUYS..Onions (low prices)  
 Lettuce (prices dropped - growers not harvesting so much this week in effort to stabilize price)  
 Rhubarb, corn and potatoes  
 IN MODERATE SUPPLY...Cabbage, squash and bunched vegetables  
 Peas (best quality selling at ceiling) Snap beans (slightly higher)  
 IN LIGHT SUPPLY.....Sweet potatoes and asparagus (high) Cauliflower (slightly higher) Some Lima beans on the market  
 Good eggplant and cucumbers at ceiling. Leeks, green onions rather high, celery prices declining. Miscellaneous vegetables: romaine, endive, mushrooms, napa, parsnips, garlic, okra and watercress.

PORTLAND

IN MODERATE SUPPLY...Apples (size improving, prices fairly high)  
 Cherries, peaches, cantaloups and watermelons (high)  
 IN LIGHT SUPPLY.....Apricots (much in demand, but growers get higher prices for Eastern shipment. Quality not best - prices ceiling)  
 Berries (short supply due heat last few days - ceiling prices)  
 BEST VEGETABLE BUYS..Snap beans, summer squash and bunched vegetables (other than turnips-shortage due to work worm damage) Corn (local arriving in large amounts - prices lower; Calif. corn plenty)  
 Tomatoes (heavy arrivals from California - locals blighted and show lack of moisture)  
 IN MODERATE SUPPLY...Local potatoes and Washington onions  
 IN LIGHT SUPPLY.....Cabbage, peas (high, coming from Seattle and Oregon Coast)

SEATTLE

BEST FRUIT BUYS.....Apples (lower), apricots (firm prices, overripe, lower), / cherries  
 IN MODERATE SUPPLY...Grapes, honeydew melons and loganberries (lower prices)  
 Peaches (much lower, especially small sizes)  
 IN LIGHT SUPPLY.....Citrus fruits  
 BEST VEGETABLE BUYS..Celery, corn, soft squash, tomatoes (plentiful, prices lower)  
 IN MODERATE SUPPLY...Peas (reasonable) lettuce (slightly lower)  
 IN LIGHT SUPPLY.....Cabbage (ceiling) cauliflower (high)





# Radio Round-up *on food...*

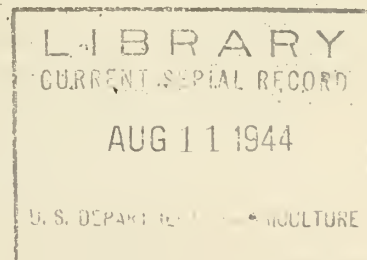
A Service  
To Directors of Women's Radio Programs

San Francisco, California  
July 29, 1944

## IN THIS ISSUE

- DINNERTIME IN RUSSIA.....Notes on the eating habits of our Soviet ally.
- RECIPE-MENU CONTEST..... Results of the recipe-menu contest sponsored by the American Federation of Labor and the WFA.
- RELISHING THOSE MEALS..... Some good tips on relishes to brighten winter meals and a new bulletin offered.
- THAT SOUR NOTE..... The vinegar situation, and how the WFA has seen to it that everyone will have enough for commercial and home use.
- FOOD GOALS AND ALLOCATIONS.....How the allocation system works.
- MILK SUPPLIES FOR AUGUST..... The fluid milk conservation program explained.
- EIGHT MILLION POUNDS OF FOOD....Report on Lend-Lease food shipments for June.
- WAR NEEDS TAKE MORE CRANBERRIES-This year civilians will have 62 percent less cranberries to color holiday dinners.
- PLENTIFUL FOODS FOR AUGUST..... August markets will feature fresh fruits and vegetables.

**US Department of Agriculture**  
**Food Distribution Administration**



## DINNERTIME IN RUSSIA

How our Allies live, and what their food habits are, become subjects of increasing interest to Americans as the war continues.

Your listeners may be interested in knowing what Russians eat, day after day...and how they struggled to keep going when a rich share of their agricultural lands fell to the Germans.

Dr. Mark Graubard, a bio-chemist with the War Food Administration, has studied the food habits of peoples over the globe, including Russia. He points out that the Russians have depended mainly upon black bread, potatoes, and cabbage for their subsistence these war years.

Potatoes are the mainstay for many meals. They are usually boiled in their jackets and eaten with "borstch" a Russian soup. Borstch may be made with a beef stock base if the Russian housewife can get meat. But meat is very scarce; so more often this soup is made of onions, cabbage, parsley, beets or tomatoes.

Russians like a wide variety of fruits and vegetables. And unless the skin or rind is inedible, these fruits and vegetables are seldom pared. Raw vegetables are favorites, and children frequently munch on carrots and cucumbers. Onions and young sugar beets are also preferred raw.

### Rural Russians Eat Better

When the Russians have the time and opportunity, they raise truck gardens. But since they don't have the equipment for canning that Americans have...and since there is little commercially canned food available...the Russians store their garden produce in cellars. Certain fruits, like apples and pears are also stored in these cellars. As a result, country folk eat better than the city dwellers because they can raise much of their own food.

### Fish Instead of Meat

With beef scarce, Russians eat large quantities of fish, usually sardines and salted herring. A favorite meat dish is made from pigs' or calves' feet...cooked and jellied. Sometimes hard cooked eggs are sliced into the meat stock before it jells. Poultry and eggs are not generally found on the markets now.

Butter is almost unknown to most Russians as a spread on bread. Any fat the homemaker can get is used in cooking. Bread is spread with jam, often made from plums. Of course, sugar for jam making is very scarce in Russia now.

### They Use the Whole Grain

Russian bread is ordinarily made from rye, but it doesn't look like our rye bread. It's very dark, heavy and sour. The whole grain is used to make the bread which accounts for the color. Russians don't refine their cereal foods as Americans do.

Milk is given to children, but rarely drunk by adults. Cottage cheese mixed with raw vegetables and soured cream is a favorite dish, and sour milk is often eaten with a dish of potatoes.

An interesting dessert that is served in Russia is made by cooking carrots with sugar and spices. Desserts of any kind are a holiday "special" in Russia.

## RECIPE-MENU CONTEST

In the February 5 issue of Radio Round-Up we told of a victory recipe-menu contest being sponsored by the American Federation of Labor with the cooperation of the Nutrition Programs Branch of the War Food Administration. The contest ended May 31 and winners of the \$700 in war bonds and stamps were recently named.

There were five kinds of recipe-menu combinations on which a participant could write. 1. A no-ration point recipe (some food items in the menus for the other two meals could require ration points). 2. A low-point main dish recipe (some food items in the menus for the other two meals could require ration points). 3. A quick-cooking recipe which could be prepared in less than half an hour. 4. A recipe for a foreign dish, such as goulash or chop suey, which would be easily acceptable to the American public. 5. A recipe for a new food, such as soybeans, tastefully prepared.

### A Notable Contribution

The most heartening result of the contest was the increasing nationwide interest shown in good nutrition. Thousands of entries were received, with 31 states in the union represented. The contest was unique in that the participants not only were required to submit a recipe for the main dish at dinner, but also menus for all meals for one day. To win a prize, the author not only had to have an outstanding recipe but the menus must include the basic seven food groups which scientists tell us should be eaten daily for good health. The contest was cited in the Congressional Record as a notable contribution to the war effort on the home front.

### The Winners

The five winners of the first prizes, a \$50 war bond each, were Sarah M. Varteki, Cincinnati, Ohio, (no-ration point recipe). Dorothy Goudek, Milwaukee, Wisconsin, (low-ration point recipe). Mrs. Clarence Voges, Medford Hillside, Massachusetts, (a quick-cooking recipe). Mrs. Margaret M. Morris, Garret Park, Maryland, (a foreign dish) and Mrs. Martin Stockey, Virginia, Minnesota, (a new food).

Second and third place winners in each type of recipe-menu were awarded \$25 war bonds. In addition, \$5 in war stamps were awarded to forty contestants, eight in each recipe group. Eighteen entries received honorable mention which brought each author one dollar's worth of war stamps.

The recipes and menus were examined by a panel of judges, each a nationally known authority on food. Miss Melva B. Bakkie, national director of American Red Cross Nutrition Service; Miss Edith M. Barber, columnist and author of a cookbook; Miss Nell Clausen, president of the American Dietetic Association; Miss Ida Jean Kain, lecturer and author of a syndicated column; Dr. Louise Stanley, chief of the Bureau of Home Economics, U. S. Department of Agriculture from 1923-43; Mrs. Herman H. Lowe, president of the American Federation of Women's Auxiliaries of Labor; and Dr. Mark Graubard in charge of labor education in nutrition, War Food Administration.

In response to popular interest, the American Federation of Labor will issue all the winning recipes in booklet form, for free distribution.



## "RELISHING" THOSE MEALS

Pickle and relish preparations are literally taking over the kitchen of many an American home these days. This year with a large amount of the commercial stock of pickles going to the armed forces, more women will want to put up pickles and relishes at home.

There are many kinds of pickles. We usually think of pickles as cucumbers of various sizes. Actually, the term pickles refers to any vegetables or fruits that have been preserved in vinegar, salt, mustard or other spices. Easiest to make at home are fruit pickles...peaches, crabapples, pears, etc. These fruits are left whole and simmered in a sweet-sour sirup. Then there are quick-processed pickles made from vegetables which are salted down overnight and combined the following day with boiling-hot vinegar and spice. Dills, old-fashioned cucumber slices, and picallili are also favorites made at home. Last, are the relishes, such as tomato catsup, chili sauce, and chutneys made of vegetables or fruits, chopped and seasoned, or cooked down to a spicy sauce.

Pickles and relishes are not important for their food value, but they do provide variety in flavor and texture of food. Because of their spicy contrast to more bland foods they are considered important enough to send to the armed forces...even in food supplies going to the front lines.

If broadcasters wish to recommend dependable pickle and relish recipes to their listeners, there is a new government bulletin off the press. It's called, "Pickle and Relish Recipes", and was prepared by Home Economists in the U. S. Department of Agriculture. A free copy may be requested from WFA Office of Distribution, 821 Market Street, Room 700, San Francisco 3, California.

## FOR THAT SOUR NOTE

As pickles, catsup and certain processed foods require vinegar both as a preservative and for flavor, the consumer may be interested in a few of the sidelights on the manufacture and supply of vinegar.

The two principal types of vinegar used in America are cider and white distilled vinegar. Cider vinegar made from apples has been less plentiful this year because of the small apple crop in 1943. Distilled vinegar, made from alcohol, molasses or grain, has been limited since the war because of the need to conserve these ingredients for military uses.

At the same time, demand for both types of vinegar has been higher than normal during the last two years due to increased quantities required for home canning and for the manufacture of commercially processed foods. This demand tended to deplete the normally large stocks of vinegar, and inventories in late 1943 were reported to be the lowest in 25 years.

## But There Will Be Enough

To assure adequate supplies of vinegar for industrial use and home canning in 1944, the War Food Administration months ago took steps to increase the production of distilled vinegar which would supplement the shorter supplies of cider vinegar.

Upon recommendation of the War Food Administration, the War Production Board amended the molasses conservation order. The change permitted molasses-using vinegar manufacturers to get 130 percent instead of 110 percent of their base period allotment of molasses for vinegar production.

Secondly, the WPB, on recommendation of the War Food Administration, granted alcohol-using vinegar plants 130 percent instead of 110 percent of their base period use of alcohol for vinegar production. The WPB also agreed to grant special allotments of alcohol to regular cider vinegar producers to enable them to produce distilled vinegar if their plant facilities permitted.

### Be Sure and Read the Label

With these three actions vinegar production was maintained at a much higher level than would have been possible otherwise. Consequently, adequate supplies of this preservative for cucumber pickles, tomato catsup, salad dressing, pickled meat and fish and home cooking are assured for American housewives and industrial users this year.

Homemakers purchasing vinegar for home canning should observe carefully the acetic acid content listed on the vinegar bottle label. Under the Federal Food Drug and Cosmetic Act, all vinegar must have a strength of at least 40-grains...or 4 percent acetic acid. This requirement is the housewife's protection against a watered vinegar. Good cider vinegar usually averages 50 grains... 5 percent acetic acid...in strength. These differences in potency become important when canning as recipes may need to be interpreted accordingly. The label must also state whether the vinegar is distilled, cider or mixed. Distilled or cider vinegar may be used interchangeably unless the homemaker prefers the apple flavor of cider vinegar.

## FOOD GOALS AND ALLOCATIONS

Through a system of food production goals and food allocations, the War Food Administration is working to see that needs of civilians, the armed forces and our Allies are fairly met.

Production goals are established by the WFA on various crops and commodities in line with the needs of the various claimants. The goals must come before allocations are made because it takes time to grow crops. At best the goals can only provide a rough idea of what is needed in production. But without them the farmers and cattlemen would operate in the dark.

### Allocations Deal With Distribution

Allocations deal more with the distribution of the commodities produced within these goals. In making allocations of food to this group or that, the War Food Administration plans in terms of a year's supply and makes tentative allocations for such a period. But with weather and crop yields and changing war requirements entering into the production picture, the WFA does not make allocations definite for such an extended period as a year. So allocations made to all groups are reviewed every three months. By this method, the WFA bases its allocations closer to actual supplies available. Also, it can make any necessary adjustments...up or down the scale of production...as a means of providing the food producer and processor with some knowledge of the job ahead.

## MILK SUPPLIES FOR AUGUST

American consumers will be able to buy about the same amount of milk, chocolate milk, buttermilk and cottage cheese during August as they purchased in July. But they will be getting less cream, because of the short supply of butterfat.



War Food Order 79, issued by the War Food Administration, permits dealers to sell 100 percent as much fluid milk in August as they sold in June 1943. Their quota for milk by-products is 90 percent of June 1943 sales, and the quota for cream is 75 percent of the same base period. The reduction in the amount of cream which may be sold (the quota being 90 percent for July) is necessary to help with butter supplies.

Butter production during the first five months of this year has run more than 80 million pounds less than during the same period in 1943. As a result the ration value on butter has been increased from 12 to 16 points, and butter supplies will be tighter this fall and winter.

### Milk Conservation

You may recall that the milk conservation program was developed last fall. At that time it became apparent that the growing increase in domestic fluid milk consumption would reduce the amount of milk going for the manufacture of cheese, butter, evaporated milk and milk powder needed to meet essential military and civilian requirements. To avoid rationing, fluid milk sales were stabilized at the June 1943 level...a record month for civilian milk purchases. Any milk produced above the quotas then went into manufactured dairy products.

There are 35 market agents administering the milk conservation program in metropolitan areas throughout the United States. During the season of increased milk production they could increase the national quotas wherever the supply and limited manufacturing facilities warranted any increase to save milk. This authority will expire at the end of July because milk production has now started its normal seasonal decline...10 percent less is expected in August than in July.

### SAVE THAT SOUR MILK AND CREAM

Now that the seasonal slump in fluid milk production is here, it is necessary to conserve every drop possible - even the milk or cream which has soured. Here is an old Russian recipe for "Pochki" - otherwise known as kidney saute, which calls for a cup of sour cream.

1 beef kidney  
1 tablespoon of butter or fortified margarine  
1 tablespoon flour  
1 cup sour cream  
salt

Wash kidney. Remove skin and fat. Cut into small pieces and soak in cold water for 2 hours. Drain. Fry in melted fat removed from the kidney and add a little butter or table fat if necessary. As soon as the pieces are brown, place them in double boiler. Add flour to the fat in the skillet, and the sour cream. Bring to boil, stirring constantly. Pour over the kidney in the double boiler. Simmer for half an hour or longer. Season with salt, and serve with steamed rice or macaroni. Serves four.



### EIGHT MILLION POUNDS OF LEND-LEASE FOOD

Here's the WFA report on food delivered in June under lend-lease and other war programs...806,942,749 pounds of it.

82 percent of the total went to allied countries, and out of that 82 percent, the British Empire received 58 percent of the June lend-lease shipments, and Russia 32 percent. Other claimants included Greece, North and West Africa and the French Committee of National Liberation. WFA's Caribbean and Territorial emergency programs delivered 33,691,213 pounds of food and other farm products to Puerto Rico, the Virgin Islands and Hawaii.

By commodity groups, the products shipped under lend-lease in June were: Dairy and poultry products, 18 percent; meats, 27 percent; fats and oils, 10 percent; grain products, 17 percent; fruits and vegetables, 13 percent; sugar 9 percent; special commodities, 5 percent; cotton, 1 percent; and tobacco, less than 1 percent.

The WFA Office of Distribution allocated two percent of last month's food deliveries to sponsors of school lunch programs, relief agencies and other civilian groups in the United States.

### WAR NEEDS TAKE MORE CRANBERRIES THIS YEAR

This year's cranberry crop will be 16 million pounds short of last year's production, which means that civilians will have a shorter share to go with their 1944 Thanksgiving and Christmas turkey dinners. From the total allocable supply of 53 million pounds, U. S. military and war services are expected to receive about 17 and 2/3 million pounds, or 33 percent. This is a little over 4 million pounds more than they got last year.

The civilian allocation will be about 33 and 3/4 million pounds, which is around 62 percent lower than last year. Out of the 53 million pound production, about 15 million pounds will be dehydrated, 7 1/4 million pounds canned, and 30 and 3/4 million pounds will be consumed in fresh form. The entire pack of dehydrated cranberries, plus 2 million pounds fresh, will go to the Army and Navy.

### PLENTIFUL FOODS FOR AUGUST

Fresh foods expected to be plentiful throughout the greater part of the country during August are snap beans, tomatoes, dry onions, potatoes, cabbage, summer squash, grapes, apricots, peaches, plums, watermelons and cantaloups. Locally produced vegetables should be available in good supply.

Among the abundant processed foods are peanut butter, citrus marmalade, canned green and wax beans, frozen vegetables including frozen baked beans, dry-mix and dehydrated soups, soya flour, soya grits and soya cakes, wheat flour and bread, oatmeal, macaroni, spaghetti and noodles.

## MARKET PANORAMA

### SEATTLE

GOOD FRUIT BUYS.....Apples, boysenberries, cherries, peaches, grapes, casaba, honeydew melons, Washington and California plums.  
IN MODERATE SUPPLY..... California Bartlett pears (increasing, but prices high).  
IN LIGHT SUPPLY.....Apricots, cantaloups and watermelons, selling at ceiling.  
GOOD VEGETABLE BUYS.....Celery, corn and tomatoes, (lower priced).  
Bunched and root vegetables (reasonable)  
Soft squash, (most reasonably priced item on the market).  
IN MODERATE SUPPLY..... Cucumbers, onions. Western Washington potatoes now arriving in Seattle.  
IN LIGHT SUPPLY..... Lettuce, cauliflower and cabbage. Washington tomatoes are now arriving.

### PORTLAND

GOOD FRUIT BUYS..... All cane berries are now ready for canning. (Cane berries include logans, youngs, boysens, blackberries, raspberries and dew berries). The season is short - only a few canning days left. Few days left for canning apricots, too.  
IN MODERATE SUPPLY.... Peaches (just coming into bearing - several canning weeks left).  
IN LIGHT SUPPLY..... Currants.  
GOOD VEGETABLE BUYS.....Summer squash and potatoes.  
IN LIGHT SUPPLY.....Cabbage, cauliflower, peas, turnips and bunched carrots (some carrots arriving from California to relieve the shortage).  
The vegetable supply on the wholesale market has been barely normal.

### SAN FRANCISCO

GOOD FRUIT BUYS..... Peaches, plums. Apricots (last week for canning).  
Cantaloups and watermelons (quality improving).  
GOOD VEGETABLE BUYS.....Snap beans (just right for canning).  
Celery and squash.  
IN MODERATE SUPPLY.....Tomatoes (quality improved, prices slightly higher).

### LOS ANGELES

GOOD FRUIT BUYS..... Peaches  
Apricots (canning season still on - prices slightly higher)  
IN MODERATE SUPPLY.....Summer avocados. Cantaloups (slightly higher).  
Plums, nectarines and apples (prices lower).  
IN LIGHT SUPPLY..... Watermelons (higher), Fuerte avocados, oranges and lemons.  
Strawberries, raspberries and grapefruit (selling at ceiling).  
Cherries, boysenberries, figs, limes and grapes (high).  
A few bananas and pineapples are also on the market.  
GOOD VEGETABLE BUYS.....Potatoes, Italian and summer squash, bunched vegetables, and tomatoes. Peas (wide range in quality and prices).  
Celery and cabbage (lower). Lima beans (high).  
Snap beans and corn (slightly higher).  
IN LIGHT SUPPLY..... Cauliflower, peppers and asparagus (high). Leeks, green onions, and radishes, (fairly high). Eggplant and cucumbers (good quality at ceiling).  
A few sweet potatoes are arriving from the Coachella Valley.



LIBRARY  
CURRENT SERIAL RECORD

AUG 12 1944

DEPARTMENT OF AGRICULTURE

# Radio Round-up on food...

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
August 5, 1944

## FEATURING

FROM NOW ON, LESS ICE CREAM....We've had a summer feast on ice cream while milk supplies have been seasonally high... but now it's about over...and here is why.

NO WHEATLESS WEDNESDAYS.....Many folks can remember the wheatless, days of World War I...and that's the first thing they wondered about in the early days of the current conflict...however, wheat supplies have always met needs and the outlook continues favorable.

THE HENS HAVE QUIETED DOWN.....But they certainly had us worried for a while... ..and the man with the chickens has done a super job of filling war needs for eggs and poultry...he deserves a few orchids.

TOMATO TIME.....From now until winter...and there's a new booklet to help homemakers prepare versatile dishes, available from the U. S. Department of Agriculture in Washington, D. C. Sometimes the county home demonstration agent for the Extension Service may have a few extra copies for her rural homemakers.

## SIDE LIGHTS

Canning Calendar for August....Food Notes from 19th Century Writings.....  
Market Panorama.....Food News in the West.....Canning Arithmetic.

**US Department of Agriculture**  
**Food Distribution Administration**



FOOD NEWS IN THE WEST

**TOMATOES.....** Plantings this year for both fresh and processing tomatoes are higher for the nation than last year, or the previous ten-year average....in the West, however, acreage of fresh tomatoes is less than last year, while processing tomato acreage is greater.....And no one can predict tomato plantings in Victory Gardens.....the consensus is that this year's volume is not up to 1943. The season is late in most commercial growing sections. However, present market supplies...and prospects most of us have been observing in our backyard gardens....point to plentiful supplies during the current harvest season which began in June and lasts through November. Broadcasters can feel safe in pushing tomatoes for home-canning...and in suggesting green tomato pickles and preserves...if they haven't already.....on the basis of reports from market news reporters. If you're in Seattle, Portland, San Francisco or Los Angeles, remember to call the market news service reporter on fruits and vegetables for current and accurate information on the flow of fresh foods into these marketing areas.

**SOLUBLE COFFEE.....** Gone is the day when you can have a quick cup at breakfast, by the simple combination of coffee powder, hot water and stirring with a spoon. There are a lot of boys in foxholes who need that "quick cup" and who can't employ the silex or drip method of coffee brewing. WFA has set aside all stocks and future production of soluble coffee until the armed forces, Red Cross and other agencies have what they need.

**RED ONIONS.....** Current supplies of red onions seem to be heavier than the more familiar white or yellow globe...suggest that your listeners turn their "onion interest" to the red variety, which is juicy and sweet. Just because onion supplies are now so plentiful that some folks may have forgotten a previous day when an onion was worth gold...let's be sure the present supply of red variety is fully used, as this is a perishable food.

**CANNING AND PRESERVING**

**CALENDAR FOR AUGUST...** Headliners- - for canning, are peaches, plums, snap beans, tomatoes, corn....for pickles and relishes, cucumbers, watermelon, tomatoes, peaches. Suggest purchases in lug box quantities, as this is more economical.

**FOOD SHOPPING.....** Urge your listeners to help solve the critical shortage of kraft paper bags for carrying foodstuffs by taking their own shopping bags to market. Suggest that they save large kraft bags which the grocer has previously given them and re-use them for food shopping. A kraft paper bag will last through half a dozen trips to market...And particularly ask your listeners not to request bags from the grocery store clerk for carrying foods already wrapped or in paper packages.

### WHERE THE ICE CREAM GOES

Perhaps your listeners are having a bit more difficulty getting ice cream than they did before the first of August. That is because less ice cream is being made now than was made in May, June and July. During the past three months, milk production was high and the amount of ice cream was increased over previous months even over the amount made during the summer of last year.

Now milk production is declining seasonally, and war demands for exportable dairy products...such as butter, cheese, milk powder and evaporated milk...continue to climb. As a result, the War Food Administration restored the restrictions on the use of milk in ice cream which were relaxed during the three months of flush milk production. These limitations, contained in War Food Order No. 8, set the utilization of milk solids in frozen dairy foods at 65 percent of the milk solids used in those foods during the corresponding month of the base period (December 1941-November 1942).

The order limiting the use of milk in ice cream is one of the conservation measures necessary to see that enough milk is diverted to creameries, cheese factories, powder plants and condensaries. Milk is needed in these plants for the production of more important dairy products for war uses and to meet essential civilian needs, too. In the summer the need for diversion is not so great. Enough milk is produced so that sales restrictions on fluid milk can be relaxed, and manufacturing plants still get practically all they can handle. When the cows give less milk, the output of dairy products would decline more than seasonally if some check weren't placed on fluid milk uses. In addition, war needs for manufactured dairy products are constantly growing. When soldiers are in training at home they can be given fluid milk to drink, but overseas they must get their milk in some other form...a form which will withstand long storage, difficult shipping conditions and often actual combat conditions.

### SHARING WARTIME WHEAT

Americans may take pride in the fact that during this war, wheat has not been rationed nor will it be as far as the War Food Administration is able to determine.

The 1944-45 supplies of wheat in the United States will probably exceed one and a half billion bushels. That should meet all essential requirements for the fiscal year beginning July 1 and also provide a substantial carry-over in 1946. Contrast this condition with the one that existed in World War I when we were observing wheatless Wednesdays six months after our country entered the war.

The War Food Administration is looking ahead and allocating supplies in this year of plenty to cover all claimants in case the wheat crop should be short next year. The 1944 wheat supply will be allocated among U. S. civilians, military and war services, our allies and territories, other friendly nations, and for relief in liberated areas. As all estimates of 1944 production and imports must be based on such uncertainties as weather and shipping conditions, the divisions are tentative. However, the WFA has made definite allocations for the first quarter...July, August, and September.



Of this year's expected supply, 931 million bushels...83 percent of the supply is earmarked for civilian food, feed, seed and industrial uses. The amount of wheat to be used for civilian food for the next 12 months will be 492 million bushels. That's enough to provide each person with 227 pounds of wheat... one pound more per person than in 1943 and six pounds more than in 1939.

Since feed grains, particularly corn, have been in tight supply, the use of wheat as a feed grain will depend on the outcome of the other grain crops. However, the WFA has allocated 100 million bushels of wheat for feed purposes during July, August and September, but only 140 million bushels more for the remaining three quarters of this fiscal year. It is expected that a more normal relationship between livestock numbers and feed grains will have been established by that length of time. In peace-time about 125 million bushels of wheat are consumed annually for feed...principally on farms where wheat is grown.

The allocation of wheat for industrial uses during the coming year totals about 118 million bushels, to be used principally for industrial alcohol.

About 11 percent of the supply--118 million bushels--has been allocated to U. S. military uses, and to the Allies, territories and other friendly nations. About 65 million bushels have been allocated for relief to liberated areas.

All in all, the wheat situation for 1944-45 is pleasant to contemplate. On July 1, 1918 the wheat carry-over was 40 million bushels. The carry-over on July 1, 1944 was about 350 million bushels. Civilians and the armed forces have had enough wheat, and flour during this war. And in export these two commodities have waited for ships...ships have not had to wait for them.

#### THE MAN WITH THE CHICKENS

The poultry industry is young, commercially speaking, but it has done a greater wartime job than it was called upon to do. C. W. Kitchen, deputy director of the War Food Administration, speaking at a recent convention of poultry associations in Chicago, reviewed the development in the industry and praised poultry producers for the enthusiasm with which they handled a wartime assignment.

For three successive years, egg and poultry production has been of record-breaking proportions. A comparison with wartime production and the pre-war years of 1935-1939 proves this. Production in the pre-war years averaged about 3 and 1/3 billion dozen eggs, almost 600 (597) million farm-raised chickens and 70 million broilers. In 1943 we had 5 billion dozen eggs...or nearly 50 (49) percent more than in the pre-war years. Production of chickens was up 42 percent and broiler production had increased 261 percent.

There were enough eggs in 1943 to meet direct war needs and to provide civilians with about 344 eggs per capita. This meant more eggs than we ever had before and record supply of chickens and broilers for meat...although not enough poultry to meet the greater buying power of civilians.



When the time came to consider 1944 production, several factors had to be taken into account. Feed supplies in prospect would not support another big increase in poultry production. Also, the experience of 1943 indicated that marketing, storage, manpower and other necessary facilities had been taxed to the near limit in handling egg production in the flush season. So for 1944, the War Food Administration established goals calling for 102 percent of the eggs produced in 1943....96 percent of the farm-raised chickens and 84 percent of the boilers.

Still the eggs continued to come to market, and production in the first six months of 1944 almost equaled the average annual production for the pre-war years of 1935-39.

When cold storage space ordinarily used for eggs filled to overflowing, many operators of fruit storage who never had handled eggs provided room for more than 2,000 carloads. Egg driers kept their plants operating to capacity with limited and untrained crews. Egg breakers continued to operate beyond their usual processing season. Egg assemblers handled quantities of eggs they had never dreamed possible. And American consumers helped by increasing purchases and storing additional dozens at home.

As a protection to producers in meeting the production goal, the War Food Administration had earlier announced a price-support program. To carry out this program, the WFA spent about 55 million dollars. This expenditure was necessary to provide a market big enough and broad enough to absorb the tremendous egg supply. With national cooperation the egg situation was kept under control until the peak egg production season passed.

Mr. Kitchen concluded his remarks by indicating that requirements for eggs and poultry for the next twelve months would be the same as the past twelve. He warned producers not to count too heavily upon extensive use of eggs in supplying food requirements for people in liberated countries.

#### TOMATO TIME ALL YEAR ROUND

It's time to urge your listeners to can as many tomatoes as possible now to supplement the 1944-45 commercial pack. The supply of canned tomatoes that consumers will find in grocery stores this winter and next spring will be considerably less than last year due to higher requirements for military and export purposes.

By home canning tomatoes now, consumers will make sure of vitamin C for meals later. Home economists in the U. S. Department of Agriculture recommend the boiling water bath method. Any big, clean vessel will do for the boiling bath. It should have a good lid and be deep enough so that the water can rill and bubble over the jar tops. The homemaker who is canning extra tomatoes as they come fresh from the Victory garden, may find a kettle holding two to three jars big enough.

Since civilians rely on tomatoes to a great extent for their vitamin C requirements, the home economists in the Department of Agriculture have prepared a booklet, "Tomatoes On Your Table", with recipes for fixing tomatoes in numerous ways. Suggestions are given for tomatoes as the main dish with meat, poultry or fish, in salads, soups and sauces, also as marmalades and relishes. One good-sized, vine-ripened tomato will provide about half of the day's quota of vitamin C, as well as a generous amount of vitamin A. Copies of this bulletin are free. Have your listeners request their copy of "Tomatoes On Your Table" from the Office of Information, U. S. Department of Agriculture, Washington 25, D.C.

### BE SURE IT KILLS 'EM

Tons of additional vegetables and fruits are saved each year because of the insecticides and fungicides the Victory gardener and farmer apply to their garden plants.

When the bug blitz hits his tomatoes and beans, the Victory gardener wants a guaranteed insecticide. So behind the representations on the spray and dust labels there must be someone to check and see if they do what they're supposed to do. Loss of the purchase price for dubious or false products is small compared to the loss of time and effort and threat to health in applying them to garden plants or trees. The man behind these insecticide labels is Uncle Sam.

The insecticide division in the Office of Distribution, War Food Administration is responsible for checking all the insecticides, fungicides and disinfectants that move in interstate commerce. This doesn't mean that every package is opened or every disinfectant bottle analyzed that crosses a state line. It does mean though that this small division makes a most thorough attempt to bring to light every case where a product has been misrepresented or adulterated.

There are some 12 to 15 thousand brands of these products on the market. Besides bug killers to aid fruit and vegetable growers, there are moth repellents and killers, flea eradicators and germicides. Most of these sprays and dusts are entirely reliable, and if the user follows the directions they will do what the manufacturers say they will. When a product shows up that won't, judgments can be secured against the manufacturer under the insecticide act.

### IN CASE YOU'D LIKE TO TRY 'EM

Last issue we mentioned the new pamphlet "Pickle and Relish Recipes". Our supply has come in...and with the markets now boasting good supplies of fruits and vegetables that are excellent for pickles and relishes...well, perhaps you'd like to try out a few...for instance, pickled peaches...or water-melon pickles, which, in a peanut butter sandwich we've been told, is something extra special.

If you'd like a supply of "Pickle and Relish Recipes" for your listeners, our address is Marketing Reports Division, Office of Distribution, 821 Market Street, Room 700, San Francisco 3, California.

## CANNING ARITHMETIC IN SEASON

In line with currently available fruits and vegetables for canning --- in suggesting a canning and preserving calendar for August, you might give listeners a word or two on quantities necessary to fill a specified number of jars...or vice versa.

### PEACHES

45 pounds of peaches fill between 18 and 24 jars, depending on how they're packed. (2 to 2½ pounds fill one quart.)

### PLUMS

56 pounds of plums fill 24 to 30 quarts. (2 to 2½ pounds fill one quart.)

### TOMATOES

53 pounds fill 15 to 20 quarts. (2½ to 3 pounds fill one quart.)

### SNAP BEANS

30 pounds fill about 15 to 20 quarts. (1½ to 2 pounds fill one quart.)

### SWEET CORN

35 pounds fill 8 or 9 quarts. (6-16 ears, depending on size fill a quart.)

This information, you'll remember, is in the Home-Canning pamphlet sent you some weeks ago.....on page 13 for fruits, and page 15 for vegetables.

## FOOD NOTES FROM EARLY 19TH CENTURY WRITINGS

HOPS.....It was said that the perfume of hops is so salutary that when put between the outer cover and the pillow, they will procure sleep for those who are in delirious fevers.

HORSERADISH.... Horseradish, scraped and infused in cold milk, was considered to be one of the safest and best cosmetics in the 19th Century.

ENDIVE.....This is one of the plants with which the magicians in credulous ages used to endeavour to impose on their too-easily seduced believers. They affirmed, that if persons anointed their bodies all over with the juice of this herb mixed with oil, it would make them appear so amiable that they would win the good favor of all men, and they would easily obtain whatever they set their hearts upon.

ONIONS.....Pliny informs us that onions clear the sight by the tears they draw, and that the Romans used them to cure the sting of serpents and other reptiles. Also, the juice of the onion was given to those who had suddenly become speechless.



## MARKET PANORAMA

### SEATTLE

GOOD FRUIT BUYS.....Apples and honeydew melons. Apricots (considerable supply of over-ripe stock on the market).  
IN MODERATE SUPPLY.....Berries (slightly lower).  
IN LIGHT SUPPLY.....Cantaloups and watermelons. Cherries (season practically over)  
GOOD VEGETABLE BUYS.....Squash (very low priced).  
Celery and cucumbers. Root vegetables, (beets lowest).  
Snap beans, (lower). Potatoes (slightly lower for U. S. No. 1)  
IN MODERATE SUPPLY.....Green corn. Lettuce (higher). Spinach (slightly lower)  
IN LIGHT SUPPLY.....Cabbage (ceiling prices). Cauliflower and ripe tomatoes

### PORTLAND

IN MODERATE SUPPLY.....Midsummer apples and watermelons (lower). Peaches. Cantaloups and local plums.  
IN LIGHT SUPPLY.....Apricots (can now before it's too late). Bartlett pears arriving. Cherries (about gone). Berries (ceiling prices).  
GOOD VEGETABLE BUYS.....Corn, green onions, potatoes, onions, celery and squash.  
IN MODERATE SUPPLY.....Carrots and beets. Lettuce (higher).  
IN LIGHT SUPPLY.....Radishes, cauliflower, cabbage, spinach, turnips, peppers and eggplant.

### SAN FRANCISCO

GOOD FRUIT BUYS.....Peaches, nectarines and plums. Apricots (only a few days left for canning).  
IN MODERATE SUPPLY.....Apples (cheaper but still high). Pears, blackberries.  
IN LIGHT SUPPLY.....Boysenberries and youngberries.  
GOOD VEGETABLE BUYS.....Snap beans, lettuce, onions, squash, peas and celery.  
IN MODERATE SUPPLY.....Tomatoes. Cucumbers (lower).  
(Now is the time to buy cucumbers for pickling - plenty of dill on the market).

### LOS ANGELES

GOOD FRUIT BUYS.....Late Elberta and Hale peaches (buy for canning now). Apricots (plenty coming to market, but canning season will be over soon).  
IN MODERATE SUPPLY.....Bartlett pears, plums, cantaloups, oranges, lemons, figs. Watermelons (slightly higher). Summer avocados (high). Nectarines (lower). Grapes, (fairly high but lower than last week).  
IN LIGHT SUPPLY.....Berries and bananas (ceiling prices). Gravenstein apples. Limes (high), cherries (almost gone).  
GOOD VEGETABLE BUYS.....Corn and tomatoes (lower), onions (slightly higher), squash.  
IN MODERATE SUPPLY.....Cucumbers, potatoes, celery, rhubarb and bunched vegetables. Snap beans, green onions and lettuce (higher). Lima beans and eggplant (lower). Peas (wide range in quality, best selling at ceiling).  
IN LIGHT SUPPLY.....Cauliflower and asparagus (high).  
(A few sweet potatoes from the Coachella Valley are arriving. Prices are lower with the application of ceiling prices.)



LIBRARY  
CURRENT SERIAL RECORDS

SEP 5 - 1944

U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
August 12, 1944

### FEATURING

**LOWER BEEF POINTS.....**Of course no homemaker is going to object to the recent lowering of point values of certain grades of beef, but undoubtedly she'd like to know "why". And here's a good excuse to tell her about interesting meat dishes that can be prepared with lower grade beef and currently plentiful fresh vegetables.

**UNCLE SAM'S INVENTORY....**It's no guesswork, either. Local trade people have a lot to do with keeping the WFA informed about the size of our food supply, from month to month...and what's selling and what isn't.

**PRACTICAL KITCHEN CLINICS..**We're all interested in the post-war possibilities of dehydrated foods...Recent tests in Chicago "kitchen clinics" bring out some facts that are encouraging.

**SAVING FOOD CONTAINERS...**Broadcasters can do a lot to help keep the food supply moving from farmer to consumer by impressing consumers with the urgency of the container supply situation.... The retail trade is making a concerted drive to salvage containers...but they need the support of their customers.

### SIDE LIGHTS

**FAMILY FOOD PLANS**, a booklet to help balance the budget and the diet....**LET'S CLING TO THE CLINGS**, put our heavy peach crop into jars to line our pantry shelves.....**LATEST WORD ON HOT WATER BATH CANNERS**, in case some home-canners want to know.....**MARKET PANORAMA**, and it really is a panorama of the western horn of plenty.

**US Department of Agriculture**  
**Food Distribution Administration**



### MEAT BARGAINS FOR HOMEMAKERS

Now that utility grades of beef and lamb are point free (as of Sunday, August 13) you may want to tell your listeners some of the reasons for these ration changes and give methods of preparing the less choice cuts.

The reduction of utility grades of beef and lamb to zero point value doesn't mean that there are large supplies of beef and lamb in all sections of the country. The over-all beef supply is little changed from July, and there has been a seasonal decline in pork production. In fact, the amount of meat going into retail stores in July averaged 292 million pounds weekly, while during August the weekly average is about 276 million pounds. However, there has been a seasonal increase in beef of the utility grade, and consumers might not wish to give up ration points for this grade if the more choice cuts were at all available. The utility grades account for 35 percent of the current beef. Lamb cuts of utility grade were reduced to zero value in order that they would move with utility beef at zero. Only ten percent of the lamb and mutton cuts are of this lower grade, less than one percent of the total meat supply.

The choice, good and commercial grades of beef and lamb steaks and roasts remain at present point value levels because many areas of the country report a short supply. Other cuts of beef and lamb now at zero remain at zero.

Points for choice cuts of pork...the pork loins and ham...were restored because of the seasonal decline in pork production. Also with military requirements higher now, the demand for pork loins and ham is out of relation to supply. With points restored, there will be a better distribution of the choice pork cuts among civilian markets.

In giving meat cooking hints, you may want to point out that cuts of utility grade beef and lamb are as nourishing as the choicer cuts. Utility beef is red in color and the fatty tissues are not so much in evidence. This lack of fat means that the meat requires long, slow, moist cooking to be tender. So homemakers have a real meat bargain...in points, protein value and cash outlay...during the present August rationing period.

### LET'S CLING TO THE CLINGS

Cling peaches in abundance...and ideal for canning and pickling...are in prospect to fill every housewife's shelves with home-canned and pickled peaches to meet future needs. The clingstone crop of peaches now promises to be 28 percent larger than last year's and over one-third greater than the average. Commercial packing of the entire crop is doubtful, according to canners, because of the limitations on commercial canneries, such as the short season, the favorable weather conditions plus the labor shortage. To prevent any possible waste of this favorite fruit, housewives should be encouraged to step into the picture and home-can or pickle maximum amounts.

Of the government set-aside of 70 percent of the total commercial pack, military requirements will be exceedingly heavy. The remainder of the pack available for civilians will consequently be insufficient to meet demands. This indicates that commercially canned cling peaches will probably continue at high ration point values....an added incentive for more home-canning to insure year-around peaches on the dinner table. In addition to avoiding any possible food loss, homemakers can help to relieve demands on less plentiful foods and save ration points now by using abundant peaches now in fresh form.



## CHECKING FOOD STOCKS ON THE GROCERY SHELF

One responsibility of the WFA Office of Distribution is to know the food stocks in wholesale warehouses and grocery stores across the country so an adequate flow of food can be assured all American consumers. When a certain food is short in one area and supplies of the commodity are generally adequate throughout the country, an attempt is made by the Office of Distribution with the cooperation of the food industry to move in additional supplies to the stock-depleted area.

### Monthly Food Report

In order to determine whether foods are being distributed equitably, a monthly food supply report is compiled by OD field representatives and members of the food trade. This report permits a comparison of supply conditions across the country. It also reveals shortages which require attention.

The July report covered 73 foods...including all the basic foods. Here are a few of the supply facts it revealed:

#### Canned Fruit Short

All areas stated that supplies of the 1943 fruit pack were practically exhausted. Canned berries, cherries, fruit cocktail, peaches, pears and pineapple were scarce everywhere. Most sections of the country reported limited supplies of grape juice and pineapple juice, but few stores noted any shortage of grapefruit juice.

#### Vegetable Stocks Also Low

Canned vegetables and juices from the 1943 pack were also being depleted...although not as fast as fruits. Canned green and wax beans ranged from adequate to surplus supply throughout most of the country, with stocks showing substantial reductions in the past months. Canned beets, dry beans and spinach were among the canned vegetables in better supply. Canned peas were short in the Midwest, Northeast and South...and canned corn was limited in the South. It is expected that the new pack of vegetables will replenish stocks in these areas.

Tomato juice and catsup were also short across the country, but ration points were maintained at a high level to stretch supplies.

#### Choice Meat Cuts Short

The July report showed a scarcity of choice cuts of all meats...including pork. The less choice cuts of meat generally were in adequate supply. In certain areas of the country, more veal was on the market, but there were acute shortages of lamb. Ham and pork loins were slightly more difficult to obtain in July, and it is expected that this scarcity will continue through August. Probably there will be more beef during the coming months because of the anticipated heavier slaughter of cattle. The supply of sausage, variety meats and canned meats continued satisfactory.

All types of canned fish were scarce or out of stock everywhere...particularly salmon and mackerel. However, a few sections were beginning to receive shipments from the 1944 pack.

## July Food Supply

Foods in adequate national supply were eggs, butter, fluid milk, margarine, shortening, salad oils, lard and poultry. Foods in plentiful supply during July included peanut butter, citrus marmalade, dry mix and dehydrated soups, soya products, wheat flour and bread, oatmeal, macaroni, spaghetti, noodles and locally produced fruits and vegetables.

### CASTING A FUTURE FOR DEHYDRATED FOODS

Some folks have wondered if the dehydrated food industry will turn out to be chiefly a wartime food preservation service....because most dehydrated foods are now going to our armed forces and allies. Processors and distributors are anxious to know which dehydrated products can be adapted for civilian use so they can determine the disposition or future use of their plant equipment, especially in view of the great expansion in drying plants. We now learn from a recent survey conducted by Bureau of Agricultural Economics, U. S. Department of Agriculture, that some dehydrated foods will have a better peacetime market than a good many industry people expected.

This study of consumers' preferences was conducted among 450 Chicago homemakers and their families. Samples of dehydrated foods with directions for use were given to a cross section of Chicago homemakers by Department of Agriculture interviewers. Foods used in the survey were diced and riced white potatoes, sweet potatoes, cranberries, carrots, beets, milk and eggs. Then the interviewers called back in two weeks to find out if these women would be interested in buying dehydrated foods in the future....and asked such questions as which dehydrated foods were preferred....how dehydrated foods compared in taste with fresh and canned foods....and what advantages or disadvantages the dried foods had. The homemakers were also asked to give their opinions about the nutritional value of dehydrated foods.

More than half of the housewives interviewed said they would buy dehydrated foods...even if only for occasional use. Cranberries, eggs and sweet potatoes seemed most popular after initial use. Next in order of preference were beets, milk, carrots, diced potatoes and riced potatoes. In general, most of the women who indicated willingness to buy dehydrated foods would not do so, if these foods cost more than fresh....and some would buy them only if the cost was lower.

### Advantages of Dehydrated Foods

Two outstanding reasons given for wanting to buy dehydrated products were that the foods tasted good and were easy to prepare. Homemakers generally found little difference in the taste of dehydrated cranberries and sweet potatoes, as compared with the fresh product. Other advantages of dehydrated foods were mentioned, such as, they keep well, save space, are economical and have nutritive value.

### A Few Indicated Difficulties

Less than 10 percent of the housewives stated that the preparation of the dehydrated food was difficult. Many of the women pointed out that the vegetables were easy to prepare because peeling and cleaning were unnecessary, and they could do other things while the foods soaked. Those who had difficulties said they found it hard to achieve the texture and appearance they desired.



## Further Surveys Desirable

While the attitude of the Chicago homemakers to these dehydrated products was unusually favorable, the food processing industry is cautioned against basing any extensive program on the results before further surveys are conducted. However, the investigation did prove that a large proportion of consumers interviewed do not appear to be prejudiced against dehydrated foods, as many people have thought.

## THE DAILY MENU -- AN ETERNAL QUESTION

Every woman planning meals...whether for one person or six....wants to know what foods to select to be well fed...but often her biggest problem is that she doesn't know just how to count calories or keep track of vitamins. Home Economists of the Department of Agriculture have worked out two food plans to help homemakers take a shortcut to good nutrition. These plans show how much of different classes of foods to buy in a week to provide for all the necessary elements of a good diet. Both plans are contained in the booklet, "Family Food Plans", now available from the Department of Agriculture. (A copy is enclosed.)

The two wartime marketing plans...a low cost one and a moderate cost one are easily adaptable to any family. Both plans take into account the seasons of the year and probable supplies in different parts of the country and ration allowances. By following either plan, the average housewife can provide her family with a good diet at prices within her budget.

The moderate cost plan gives the family larger quantities of meat, eggs, fruits, and vegetables and allows for more variety and flavor in the meals. The low cost plan relies more heavily on the cheaper kinds of food such as potatoes, dry beans, and grain products. However, the homemaker can get variety in low-cost meals by different combinations of foods and flavors.

Your listeners can find out the exact kinds of food and size of servings needed daily for each member of the family, by consulting this booklet.

Suggest that they request a copy from the Office of Information, United States Department of Agriculture, Washington 25, D. C. Ask for Bulletin AWI-78, "Family Food Plans".

## YOUR WINTER SUPPLY OF VITAMIN A

Green and yellow vegetables...listed in Group One of the Basic Seven food groups...and now being harvested in good supply in Victory gardens and local truck gardens across the country are outstanding for their vitamin A value. Actually, of course, they don't contain the vitamin itself...but have carotene which the body changes into vitamin A and stores for later use.

The liver acts as a storehouse for vitamin A and releases this vitamin as the body needs it. The amount of vitamin A which can be stored depends upon several things, but everyone can be adding to vitamin A reserves for this winter by eating plentifully of green and yellow vegetables now.

As a general rule, vitamins have overlapping functions which aid growth and good health. Sometimes they have a special job. Vitamin A's special job is to keep the lining and covering cells of the body in a healthy state. This function means that vitamin A helps prevent infections and colds. It can also help preserve normal vision, improve digestion and keep the skin in better condition.

Carrots are a year-round source of vitamin A. Although this vitamin is one of the most stable, overcooking does cause some loss. Vitamin A doesn't dissolve in the cooking water. Thus when carrots are canned, the vitamin A remains in them. Carrots with the most vitamin A value are the mature ones, served fresh from the garden and raw.

Green and yellow vegetables now available that are good sources of vitamin A include snap beans, leaf lettuce, peas, peppers, yellow squash and carrots. Also be on the watch for other local abundant green and yellow vegetables.

#### NO VACATION FOR BASKETS

Our daily salvage activities now need to include the saving of bushel and half-bushel baskets and covers. The labor and log shortage have prevented basket manufacturers from turning out enough new containers for this year's fruit and vegetable crops. There's danger that without suitable containers, some of the peaches and apples now ready for harvest may not reach markets. Broadcasters can help in the salvage of containers for re-use by urging their listeners to see that any baskets obtained from the produce stand or grocer are returned in good condition.

The storekeeper knows how to get the baskets back to the farmer. He may arrange to give them to him directly, or through a used-container dealer. The cash value of used bushel and half bushel baskets may be small, but the value measured in terms of urgent need cannot be overestimated.

All we need to know is that only a consumer, dealer and farmer are needed to salvage a basket, while possibly 40 people are necessary to make a new box or basket. Then there's the fact that our limited supplies of wood and metal are also urgently needed for other war activities. For example, 1,000 salvaged apple boxes contain enough board feet of wood to crate an average airplane for overseas shipment. These same apple boxes use 500 pounds of metal which could be used for shells, tanks, and guns.

A leaflet about salvaging baskets and other fruit and vegetable containers is enclosed. It may give you some additional facts to impress upon your listeners. We have copies in the OD-WFA regional office and they may also be obtained from the Office of Information, United States Department of Agriculture, Washington 25, D. C. Ask for bulletin AWI-33, "Salvage and Re-Use of Fruit and Vegetable Containers".



## REPORTING RECORD CROPS

Tabulation machines were kept busy in the Department of Agriculture Thursday, August 10, adding up production records for American farmers. When the July crop report was released at 3:00 P. M. the world could know that crop production in the United States is now likely to exceed that of last year by 2 or 3 percent...and exceed production in any previous year except the banner agricultural year of 1942.

America's farmers have set up several records according to the July report. Indicated production of all wheat as of August 1 is well over a billion bushels... the largest U. S. wheat crop ever. Expected harvest for eight of the major fruits is 21 percent over 1943. Citrus fruit production is as large or larger than the record 1943-44 production. The apple harvest is indicated at 125,643,000 bushels, or 41 percent greater than last year. The 1944 peach crop is estimated at almost 71 and a half million bushels...69 percent larger than the short 1943 crop.

Truck crops for the fresh market remain at the July 1 estimate...which is about one-fifth greater than last year. Green peas, snap beans, sweet corn and tomatoes exceed 1943 crops by 13 percent.

Another record was reported for egg production. Farm flocks laid over 4 and a half billion eggs in July...2 percent over July last year, and 40 percent over the 1933-42 average. In fact, egg production was at peak levels in all parts of the country.

National prospects for corn, hay, potatoes and some other crops declined during July due to drought or near-drought conditions in central and eastern sections of the U. S. Farm pastures averaged 72 percent of normal, 10 points below the same date last year. Milk production was about 1 percent less than during July last year.

### "BUT CAN I GET A HOT WATER BATH CANNER?"

We've heard that some homemakers are asking this question...remembering last year when they encountered some difficulties along this line. The War Production Board reports that almost half of the 500,000 enameled cold pack canners, to be used for canning acid fruits and vegetables by the boiling water bath method, were completed by the end of June....these canners had been out of production since 1941. Manufacturers expect to complete the program before October, by finishing and shipping 258,767 additional canners. They are being made in one size, capable of holding seven 1-quart jars, or nine 1-pint jars, or 4 half-gallon jars.

### FOOD NOTES FROM 19TH CENTURY WRITINGS

London, England

BOILED ARTICHOKE.....as early as 1822 were sold in the streets of Paris and formed a standing dish at a French breakfast.  
COTTON.....the seed of the cotton plant intoxicates parrots.  
HOPS.....in the months of March and April, while the buds are tender, English country people prepared hops as they would asparagus and reported this an agreeable vegetable.  
ROSEMARY.....in many countries it was a practice to put it into wardrobe on account of its smell, and as a preservative against moths and other vermin.

## MARKET PANORAMA

### SEATTLE

BEST FRUIT BUYS.....Peaches, plums and honeydews (lower). Watermelons  
IN MODERATE SUPPLY.....Apples and grapefruit. Cantaloups (some in poor condition  
IN LIGHT SUPPLY.....Apricots (season practically over). Cherries (season  
practically over, few Montanas on the market). Oranges.  
Yakima District prunes now arriving - selling at  $8\frac{1}{2}$  to 9¢ per pound wholesale.  
BEST VEGETABLE BUYS.....Celery and local green corn (lower). Beets and snap  
beans.  
IN MODERATE SUPPLY.....Onions, peppers, tomatoes, carrots. Potatoes (supplies  
lighter).  
IN LIGHT SUPPLY.....Lettuce (prices firm), cabbage, cauliflower.  
Local pea crop finished, Idaho peas now arriving.

### PORTLAND

BEST FRUIT BUYS.....Cantaloups and peaches (slightly lower).  
IN MODERATE SUPPLY.....Apples and watermelons (slightly lower). Oranges (ceiling.  
Grapefruit and Bartlett pears.  
BEST VEGETABLE BUYS.....Snap beans (ready for canning). Corn and tomatoes.  
Celery (slightly lower). Onions (slightly higher).  
IN MODERATE SUPPLY.....Beets and peas. Potatoes (slightly higher).  
IN LIGHT SUPPLY.....Cabbage, carrots and cauliflower. Lettuce (slightly  
higher).

### SAN FRANCISCO

BEST FRUIT BUYS.....Nectarines and plums. Peaches (slightly higher).  
IN MODERATE SUPPLY.....Apples and cantaloups (slightly lower). Oranges and  
watermelons.  
IN LIGHT SUPPLY.....Grapefruit. Apricots (season almost over).  
BEST VEGETABLE BUYS.....Onions (reds slightly lower). Peppers. Peas (slightly  
higher). Celery (slightly lower).  
IN MODERATE SUPPLY.....Lettuce and snap beans (slightly higher). Beets, carrots,  
cauliflower, tomatoes and eggplant. Cabbage (slightly  
lower).  
IN LIGHT SUPPLY.....Potatoes (slightly higher).

### LOS ANGELES

BEST FRUIT BUYS.....Late Elberta and Hale peaches (ready for canning).  
(Wholesale prices apparently have reached their lowest  
levels).  
IN MODERATE SUPPLY.....Bartlett pears, plums, cantaloups, oranges and nectarines.  
Grapes (lower).  
IN LIGHT SUPPLY.....Watermelons, grapefruit, berries, bananas and pineapples.  
Apples, figs and apricots (high).  
BEST VEGETABLE BUYS.....Onions, tomatoes and celery.  
IN MODERATE SUPPLY.....Corn, bunched vegetables, lettuce, summer type squash.  
Potatoes and cucumbers (best at ceiling). Eggplant and  
snap beans (slightly higher).  
IN LIGHT SUPPLY.....Peas, asparagus, and green onions.





# Radio Round-up

## *on food...*

A Service  
For Directors of Women's Radio Programs

San Francisco, Calif.  
August 19, 1944

### IN THIS ISSUE

UNCLE SAM GETS HIS MONEY'S WORTH

FRUIT FOR BRITAIN

WHAT'S IN THE U.S. ICE BOX

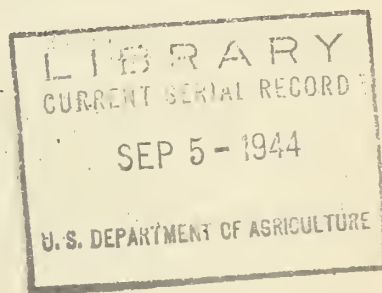
TENDERIZING UTILITY BEEF

HERE'S THE CATCH

THE MILK SUPPLY FOR FALL

CANNING CALENDAR FOR THE WEST COAST

MARKET PANORAMA



**US Department of Agriculture**  
**Food Distribution Administration**

## UNCLE SAM GETS HIS MONEY'S WORTH

When Uncle Sam goes to a warehouse to purchase foods for military use, he wants to be sure he is getting his money's worth. As a result, a corps of some 400 processed foods inspectors employed by the Office of Distribution, War Food Administration, are helping to inspect huge quantities of canned, dried, dehydrated and frozen foods purchased for our armed services and government agencies. Approximately 200 of these inspectors are women home economics graduates.

The inspectors, stationed in 50 laboratories across the country, are trained in various phases of food inspection work. They check on canned foods to see if the products meet government specifications. They might be called upon to see if proper sanitation is maintained at a cannery or dehydrating plant, and they do a variety of research work.

### The Inspector At Work

Here is a sample of a routine task. An inspector gets an order from a Quartermaster office to inspect 10,000 cases of canned peas on order for the armed services. The inspector goes to the cannery concerned and is directed to the section of the warehouse where the goods are stacked. Those 10,000 cases fill a good-sized space. In other words, there are 240,000 cans...enough to fill ten freight cars. The cases are counted by row, tier, and layer to determine that there are 240,000 cans in the lot.

The plain cans glisten in their cases because generally no labels are attached to canned goods until the packer knows where he will ship the product. Sometimes for civilian trade, canned foods are sold through a distributor, and the distributor's name and brand...not the canner's...appears on the label.

### Report Card For Peas

The inspector draws out a can here and there from the lot...usually at the rate of one No. 2 can from each 2,000 cans. These sample cans are then taken to the nearest laboratory and graded for weight, type of container and contents. The inspector must see if the product is properly processed to stand varying climates and rough handling. He, or she, must see if the solid contents fill the can, or if there is too much liquid. In inspecting canned peas, the grader checks on the clearness of the liquid, uniformity of color and maturity of the vegetable, flavor, and presence or absence of defects. Then the grader adds up the score points for the product. Ninety points or more mean top quality or fancy grade for peas. Seventy-five to 89 points is a very good rating, and 60 to 74 points is a good or standard rating. Peas not meeting standard grade requirements must be classed sub-standard or "below standard quality".

### Grade Determines The Price

Finally, the official grade certificate is sent to the Quartermaster army buyer who uses the certificate as a basis for payment to the packer. Uncle Sam does not pay for any food until it has been inspected...paying only for value received.



## FRUIT FOR BRITAIN

It's difficult for Americans, with a homeland furnishing so many varieties of fruits, to realize what a diet with little fresh fruit means. British citizens before the war depended mainly upon the markets of the world for their fruits, and since 1940 have had a very limited supply.

In 1943 the British were getting only about 23 percent of the amount of tomatoes and citrus fruits and one half the amount of other fruits that Americans were getting. In fact, Americans are eating 17 percent more tomatoes and citrus fruits than they did before the war, while Britons are eating 50 percent less. About the only fresh fruits the British civilian has been able to buy since the war are homegrown apples, tomatoes and berries. Small quantities of apples were sent from Canada and the United States. The United States shipments of apples were made in 1942, but a short crop in this country last year prevented any shipments abroad.

Under lend-lease, the British civilians have received dried prunes, raisins, apples, apricots, pears and peaches from the United States. What canned fruits the United States shipped to Great Britain were for the military services.

Citrus concentrates shipped from the United States to Britain were supplied only to young children.

### Oranges After Four Years

Since the Mediterranean has come back into allied control, the British have been able to import shipments of oranges from Spain and Palestine. Smaller shipments of this fruit have also arrived from South Africa. Until recently these fresh oranges have been limited to children. This spring when a larger than usual shipment of oranges arrived, some British adults were able to buy this popular fruit in fresh form for the first time in three or four years.

### Fruit Prospects Are Looking Up

Though Great Britain is far from coming back immediately to being a large fruit consuming nation, prospects for importing more fruit are better. The British Food Ministry has ordered seventeen thousand tons of lemons, mainly from Sicily. Because a spring frost has hurt the English apple crop, the English hope to get more apples this year from Canada.

The opening of the Mediterranean has helped to bring dried fruits to English civilians this year. Raisins have been ordered from the little island of Cyprus. Also, the entire exportable surplus of dates from Iran has been purchased for Great Britain. And Turkish dried fruit to the amount of thirty-two thousand tons will play a part in the British national diet for this year.

### War Still Determines Fruit Supply

However, the British home crop of fruit will be less plentiful than last year as a result of the spring frost. Supplies of strawberries and black currants have been scarce, and the entire black currant output is going into puree production for consumption by children only. Considerable purchases of apricot pulp from Spain will supplement the jam supplies. How much fruit the British civilians will get is, of course, still dependent upon war conditions and available shipping space.

Every good homemaker buys extra food and stores it in her refrigerator when she knows that she is going to be feeding more people. Uncle Sam is putting additional food in his "iceboxes" too, because he has produced enough food to feed a third more people than before the war.

American civilians are eating 6 percent more per capita now than in pre-war years. The average service man eats a third more than the average civilian. In addition, American food is being shipped to our allies, friendly nations and liberated areas.

When the housewife buys extra food, it's usually stocked for only a day or a week ahead. But Uncle Sam must plan food supplies months in advance... there must be enough for current consumption and enough in cold storage or warehouses for use in seasons of low food production.

In normal times, cold storage space acts as a shock absorber for seasonal food surpluses...helping to even out consumption throughout the year. Before the war, commercial storage averaged about 50 percent capacity use throughout the year. For the past several months, however, occupancy has been running above 80 percent, often near 90 percent.

One reason for this generally higher level of use is the necessity of having food supplies for our soldiers months in advance. Part of the supply is always in transit and part is in warehouses awaiting shipment.

Another factor is the seasonality of production. And now with more food being produced than ever before, storage peaks are bound to be higher.

#### Strain Eased On Commercial Plants

A third, and very important, factor in the cold storage situation is that out-of-storage-movements are subject to the fortunes of war. Food must wait for cargo space on ships. If the ships are late or if the cargo space is needed for more essential wartime products...the food piles up. Of course, a little later on in the season, that situation may reverse itself. If ships arrive faster than was planned, then great quantities of food will be needed in a hurry to fill them. The fact remains that it is a military necessity that food wait for ships, not ships wait for food.

Steps have been taken to ease the strain on commercial warehouses and storage plants. The processing of foods has been speeded up so that commodities will require refrigerator space for shorter periods of time. Warehousemen are constantly checking their equipment to be sure that they are getting the most effective use of their space. All government agencies are working in close cooperation with the inter-agency cold storage committee. And housewives are kept up-to-date on what foods are abundant on the markets...so they may plan menus around the food which should be moved out of the warehouses of the country.

Most of the food now in public storage is privately owned. The trade owns the bulk of the fresh and frozen fruits and vegetables in storage, all the cream, more than half of the shell eggs, and the largest share of the frozen poultry and meat. The major foods in cold storage held mainly by the government are butter, cheese and lard. The War Food Administration holds relatively little pork and almost no beef, lamb, or mutton in public cold storage, though the armed forces have stocks of all these meats in public freezers.



### TENDERIZING UTILITY BEEF

Now that utility grade beef is point free, the homemaker will want to know how to cook this less tender meat for the best results.

Since utility beef is less tender and has less fat than the higher grades, it is not so satisfactory for broiling and roasting without extra preparation. One way to make the meat tender is to grind it, so that the connective tissues are broken down. After grinding the meat, the homemaker can broil, panbroil, or bake it. It is good made into patties and served with gravy or tomato sauce or baked as a meat loaf. If she wants to broil or fry a whole steak of this grade, she should pound the meat first to tenderize it, and then add some fat in cooking.

Pot roasts, swiss steaks and stews from utility beef should be covered and given a long slow cooking with water or other liquid added. By browning the surface of the meat a few minutes in fat before the long, slow moist simmering, the cook gives the dish a better flavor and rich brown color.

An extra aid to tenderness is adding some acid food like vinegar or tomato to the meat. A little vinegar added to the water helps to tenderize a pot roast. And tomatoes may be used for the liquid in stews, pot roasts and swiss steak. The homemaker should also give special thought to seasoning...cook the meat not only with salt and pepper, but add onion or garlic, celery seed or leaves, or parsley, during cooking.

### HERE'S THE CATCH

The quantity of fish in cold storage houses throughout the country on July 1 was at the highest level in history for this season of the year...50 percent over the holdings at this time in 1943. There are many reasons for this increase in cold storage holdings. Increased production is one reason, but unless more fresh and frozen fish is consumed now and during the early fall months it will be impossible to handle the catches of fish which can be made during the peak fishing period just approaching. Cold storage facilities, particularly in the New England States, are now almost filled to their limited capacity and it is important from now on that movements out of freezers keep pace with current catches of fish.

While the increase of frozen fish in storage is noticeable in all sections of the country, the central states and the Atlantic coast from Maine to Virginia report the sharpest gains. In the north central states holdings have doubled. In the New England, middle Atlantic and South central states, increases run from 69 to 75 percent. A 14 percent increase is reported for both the Pacific and South Atlantic coasts.

There is a wide range of species available to the consumer, though species vary with geographical location and season of the year. The fish that represents the largest single volume in storage is halibut, mostly stored in the Pacific Northwest. There's, however, no particular problem on halibut as the quantity in storage is not abnormal and there is expected to be a good demand for this fish throughout the fall and winter months. It is the other species of fish, particularly those produced in New England states, that require stimulation of consumption in order to continue normal production. The principal species and types requiring increased outlets are frozen mackerel, especially mackerel fillets, cod fillets, whiting and haddock fillets.

NOTE: Broadcasters should check on the local supply of fresh and frozen fish before recommending a variety.

#### More Canned Chum Salmon

As for canned fish, salmon and California sardines are likely to be the most abundant, although approximately 60 percent of these species will go to the armed forces. Owing to the short production of red and king salmon, there will be a limited quantity only available for civilian trade. The quantity of chum salmon available for civilians will be relatively greater. The pink salmon in cans compares favorably in nutritional quality with the red variety and is sold in the stores at materially lower prices than reds or kings.

#### California Sardines - With Sauce or Without

The California sardines are packed both in pound oval cans with tomato sauce and in No. 300, 15-oz. cans without added sauce or oil. The California sardine, from the point of view of dollar and cents value, is one of the best canned fish products on the market. The oval tomato sauce pack is well known in most markets, but the No. 300 can, while not so well known as a commercial product, is packed with exactly the same type of fish and is in every way similar to the oval can product, except for the tomato sauce.

Other canned fish which will be available to civilian consumers, but in more restricted volume, include Maine sardines and mackerel. The Maine sardines are baby herring and are an extremely good alternate for the sardines imported pre-war from Portugal and Norway. These Maine sardines are packed mostly in 4-oz. quarter-square cans. The larger herrings are packed under the trade name "Atlantic Sea Herring" and are produced both in pound oval cans in tomato sauce and in No. 300 tall cans, 15-oz. net weight, in their natural oil. Mackerel is a very good canned fish product at a reasonable price in the retail stores and is packed almost entirely in the No. 300, 15-oz. tall can.

#### THE MILK SUPPLY FOR FALL

You like milk, I like milk, all God's chillun like milk...and that's just exactly why we are going to have less milk this fall. Everyone knows that there is just so much milk available, but our needs are increasing in proportion to the number of men sent overseas in the armed forces. Those men need milk, lots of it, and as shipments increase to meet their demands, the supply of milk for civilians here on the home front decreases.

With milk production now declining seasonally, the War Food Administration feels that further milk conservation steps will be necessary. At present milk dealers may sell to civilians 100 percent of the fluid milk they sold in June 1943 and 75 percent of the cream they sold in that month. Milk by-products such as cottage cheese, chocolate milk drinks and buttermilk may be sold in August at 90 percent of June 1943 sales.

It may be necessary to reduce these quotas to obtain more whole milk for evaporated milk and whole milk powder necessary for overseas shipment. However, it is possible that milk dealers will soon be permitted to sell more chocolate milk, cottage cheese and buttermilk because these products are made from the skim portion of milk, which is now in good supply.



CANNING CALENDAR FOR THE WEST COAST

- PEACHES.....Peaches of various varieties will be available for canning on the West Coast until around September 15. In the Northwest, freestones are the favored canning peach, in the Southwest, clingstones are most popular. At the present time, housewives are urged to can clings where they are available, as the large crop this year cannot be completely assimilated by commercial canneries which formerly took most of the cling crop.
- PLUMS..... Plums in a wide choice of varieties will be available for canning until the late Damson season is over around the end of September.
- PEARS.....Bartlett pears are the canning pears, and they are beginning to arrive in West Coast markets now. In the Northwest, the Bartlett crop is larger than usual, while in California, the crop is smaller. The end of September should mark the end of the pear-canning season.
- FIGS.....In California, the fig canning season lasts throughout August and September. Figs are not in sufficient supply for canning in Oregon and Washington.
- TOMATOES.....It's tomato canning time in California, now, especially in Southern California. As the season progresses, tomatoes will be in sufficient supply for canning in Northern California, Oregon and Washington.
- SNAP BEANS.... The early crop of snap beans is always best for canning (before strings develop on the beans). Snap beans will continue to be in good supply for canning throughout the month of August in all West Coast areas.
- CORN..... Fresh green corn is just right for canning in the Northwest and it is beginning to arrive in sufficient quantities for canning in the Southwest.
- PEAS..... Peas are still available for canning on the California Coast, with prices sufficiently low.
- CUCUMBERS..... Now is the time to buy cucumbers for pickling. Pickling cucumbers are usually graded into 3 sizes, ranging from 1 to 3. The Number 3 size is the smallest and is generally used for sweet pickles. There are also the Burr Gherkins, which are small with prickly skins and are excellent for making sweet pickles.

FOODS IN PLENTIFUL SUPPLY THIS WEEK

Foods which will be available in plentiful supply over most of the country this week are: B and C Grade eggs, peanut butter, citrus marmalade and onions. Cereals and grain products will be plentiful, such as bread, wheat and soya flour, noodles, macaroni, spaghetti, oatmeal, rye breakfast foods, soya grits and flakes.

MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS.....Washington peaches (glutting the market - prices lower)  
Cantaloups (excessive supply - prices low)  
Honeydews (prices low)  
IN MODERATE SUPPLY.....Washington pears (slightly lower)  
Plums, prunes and watermelons.  
IN LIGHT SUPPLY.....Grapes and citrus fruits  
BEST VEGETABLE BUYS.....Local snap beans (oversupply - prices low - can now).  
Green corn, soft squash.  
IN MODERATE SUPPLY.....Local lettuce, onions. Tomatoes (slightly lower)  
IN LIGHT SUPPLY.....Cabbage, cauliflower and potatoes.

PORTLAND

BEST FRUIT BUYS..... Northwest Elberta peaches.  
IN MODERATE SUPPLY.....Cantaloup  
BEST VEGETABLE BUYS.....Snap beans, corn and cucumbers  
IN LIGHT SUPPLY.....Cabbage, cauliflower, lettuce and spinach.

SAN FRANCISCO

BEST FRUIT BUYS..... Peaches (season is at its peak - can now).  
IN MODERATE SUPPLY..... Watermelons, pears, grapes.  
Figs (prices lower on both blacks and whites).  
Plums (canning season on now - wide selection of varieties)  
BEST VEGETABLE BUYS.....Celery, cucumbers and onions  
IN MODERATE SUPPLY.....Corn and peas (slightly lower)  
Snap beans, squash and cabbage  
Lettuce (slightly higher)

LOS ANGELES

BEST FRUIT BUYS..... Peaches (Elbertas and Hales - canning season now).  
Cantaloups (prices at lowest levels).  
Plums (canning season now)  
IN MODERATE SUPPLY.....Bartlett pears, grapes, nectarines  
Figs (prices high)  
IN LIGHT SUPPLY..... Watermelons, apricots, berries, crabapples and bananas.  
BEST VEGETABLE BUYS.....Corn and tomatoes.  
IN MODERATE SUPPLY.....Squash, bunched vegetables and celery.  
IN LIGHT SUPPLY..... Snap beans, cauliflower and cabbage (slightly higher).  
Asparagus (high).

Sweet potatoes have begun to arrive from Kern County - selling at ceiling prices.



42  
R115



RECEIVED  
SEP 26 1944  
U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
August 26, 1944

\*\*\*\*\*IN THIS ISSUE\*\*\*\*\*

PATTERN FOR BREAKFAST..... Breakfast is the most neglected meal of the day, but it should supply one-third of the daily food requirement. Here are some breakfast pointers and the reasons behind them.

SELLING GOVERNMENT-OWNED FOODS..... When the government sells its food stocks, the sale is made only through established trade channels. No food is dumped on the market, and the government gets a fair price on all dealings.

WHAT IS A W.F.O?..... Confidentially, a WFO is a War Food Order...there are 4 kinds, and they are behind the smooth-running wheels of food distribution and conservation.

LUNCH FOR THE YOUNGER GENERATION..... The children will soon be going back to school, and many will have the benefit of the Community-WFA School Lunch Program.

ENCLOSED WITH THIS WEEK'S ROUND-UP..... Some "dope" on Clingstone peaches along with canning directions and information of interest.

**US Department of Agriculture**  
**Food Distribution Administration**

## A PATTERN FOR BREAKFAST

The War Food Administration, Office of War Information, Radio, Press, Food Dealers, and others are combining their activities to make September a nutrition month.

Special attention is going to be given to breakfasts this month because breakfast is usually the most neglected meal of the day. Most people get adequate dinners and few neglect lunch, but many are too rushed or too sleepy to eat enough breakfast. Only if breakfast is nutritious can mental and physical energy be maintained throughout the morning hours...usually the most productive part of the day.

The meal which breaks the fast after sleep should contribute about one-third of the daily requirements of calories, proteins, vitamins and minerals. One plan for a good breakfast recommends citrus fruit or tomato juice (fresh or canned), cereal (natural whole grain or restored), a protein-rich food (eggs, or a combination of eggs, bacon, ham or sausage), toast, muffins or bread (enriched or whole wheat), butter or fortified margarine, milk for the cereal, and a beverage.

### Get Your Vitamin-C Early

That citrus fruit starter is loaded with Vitamin-C...known as the anti-scurvy vitamin. It is true that cases of scurvy are rare in this country, but deficiencies of Vitamin C in the daily diet may lead to increased susceptibility to infections, slowness in the healing of wounds and unhealthy gums. One orange, half a grapefruit, 3 ounces of orange juice, or 4 ounces of grapefruit juice will provide one-half or more of the day's Vitamin C requirement. Ten ounces of tomato juice will contribute the same amount of Vitamin C.

### Morale With Breakfast

It's important to include Vitamin B<sub>1</sub>, sometimes called the morale-building vitamin, in the breakfast. This vitamin stimulates lagging appetites, is essential for good digestion and energy, for protection of nerves and for well-being. Whole grain or enriched breads and cereals are sources of this vitamin. The active worker can also include ham, bacon, or sausage for this vitamin.

### You Can't Work Like A Horse And Eat Like A Bird

Eggs are a protein food which adds to the staying power of breakfast. Besides being a good tissue-building food, eggs supply iron as well as Vitamins A, D and riboflavin. When eggs are plentiful, eat one a day.

A multitude of breakfast combinations can be made from the many foods appropriate for the breakfast menu. Urge your listeners to plan menus that have eye and appetite appeal. Breakfasts should contribute enjoyment besides daily nutritional requirements, and they are easy to prepare and serve. To facilitate serving and preparation, the busy housewife can set the breakfast table the night before. She may also want to put out the ingredients for muffins or pancakes in the order in which she uses them, and have the coffee all ready to turn on the heat. Cooked cereals may be made the night before and re-heated in the morning.



## SELLING GOVERNMENT-OWNED FOODS

Recently you have read that the War Food Administration has offered to sell back to the food processors over 27,000 cases of orange juice; over 500,000 pounds of American Cheddar cheese, and some thousands of cases of canned carrots. This food from government-owned stocks will be put directly back into civilian trade channels.

These sales are not an indication that the government thinks the war is over. The foods being sold belong in one of three categories. First...food reserved to meet a special need which has not materialized can now be sold. In this case perhaps the government counted on losing a certain amount of food from sinkings, or fires and that loss was lower than expected. Or perhaps a military engagement was shorter. Or our allies were not able to ship certain commodities they ordered. When the food on hand is above known requirements, it can be sold to the trade.

In the second group are foods purchased in fulfillment of price support commitments. When the government asked farmers to increase their production of certain crops to meet the demands of war, it promised to safeguard farmers from the dangers of too much product and too little market. This food is sold back into trade channels as soon as it can be done without breaking the market.

The third type of food the War Food Administration is now selling consists of 1943 packed goods which can be replaced with 1944 packed produce. The government, like the trade, believes in turning its stocks in order to prevent financial and food loss through spoilage.

### The Government Uses Regular Trade Channels

When the government sells food, it follows the policy of obtaining a fair price for the commodities sold...and of avoiding disruption of normal trade practices. This means selling to the trade...not directly to the consumer. It means selling when there is a demand...not when the market is glutted. The WFA offers some commodities to the original seller or processor, if it is practical. Original vendors and processors know the products, are equipped to handle them and have established trade outlets for marketing them. Any quantity remaining after such a sale may be offered on the same terms to all processors of the same or like commodity. The WFA is not obliged to accept any price. If a reasonable price is not offered, the food is sold elsewhere. In some cases where it is not to the public interest to sell, the food is diverted to non-competitive programs or uses...such as charitable institutions or school lunch programs.

### WHAT IS A W.F.O?

In the War Food Administration, WFO is not the call number of a radio station. Those three letters stand for War Food Order, and the number that follows them indicates the commodity which that particular food order affects. Since January 1943 when WFO 1 went into effect to bring about a saving of ingredients in short supply, and to effect economies in the distribution of bread and rolls, there have been a series of food orders issued by the War Food Administration. These regulations are designed to insure the best possible division of American food among civilians, the armed forces, our allies and other claimant agents.

## No WFO's Issued Unless Necessary

It is the unvarying policy of the War Food Administration not to issue a food order if the end may be achieved by other means. When an existing order no longer contributes to the war effort, it is revoked. Of the 101 orders issued, 59 remained active as of July 1, 1944. However, until conditions permit suspension of any order and until due notice is given to the trade or industry affected, the orders are enforced just as other laws in the land.

As a general rule, food orders are written in consultation with the affected industries. There are to date approximately 112 industry food advisory committees representing every industry affected by any food order. These committees are composed of leaders from each branch of their respective trades. They assist the officials in the WFA Office of Distribution to plan the steps of the needed order. They also assist in getting the story of the order over to members of the trade. Then to keep the orders flexible to meet constantly changing conditions of war, the regulations are amended when necessary.

## Set-Aside Orders

There are four general types of food orders. "Set-Aside Orders" are necessary in order that the government will be able to buy enough food for our armed forces and for export purposes. These orders require producers or distributors to reserve, or set aside, a given percentage of their goods for sale to a government agency. For example, beginning August 20, federally-inspected slaughterers set aside for government procurement 50 percent of the quantities of their beef meeting Army specifications, under a previous order these slaughterers set aside 45 percent. The new action, Amendment 13, to War Food Order No. 75.2, was taken to make available to the U.S. military forces the necessary quantities of beef.

## Ice Cream And Turkeys, For Instance

"Limitation Orders" conserve materials or divert them into needed channels. For example, War Food Order No. 8 makes milk fats and milk solids available for other dairy products by restricting the use of milk solids in the production of ice cream and other frozen dairy foods. Another limitation type order limits the sale of live or dressed turkeys to provide holiday dinners for our armed forces.

## Fair Division And Conservation

"Allocations Orders" are usually made to guarantee a fair division of a limited supply...or to restrict a scarce product to essential uses. For example, the supplies of milk sugar were not sufficient to provide for unrestricted use and still have adequate supplies to meet such essential uses as the production of penicillin. It was necessary, therefore, to allocate production to essential uses.

"Distribution Economy Orders" are issued to conserve food commodities, materials, labor, tires, gasoline, etc. For example WFO 1 on bakery products prevents much waste and saves great quantities of labor and materials by prohibiting consignment selling of bread and the furnishing of rack or display materials to retailers.



## LUNCH FOR THE YOUNGER GENERATION

Comes Labor Day, and the end of summer vacation for the children, schools across the country will open for business. At the same time school lunchrooms will begin their program of laying the foundation for a healthier and more physically fit people. Many of these school food centers have years of service behind them, others will be new this year.

When a school takes on a new function, it does so to contribute to the welfare of the child. That is the purpose of lunch at school. Nutritionists state that a child should receive at least one-third of his daily nutritive requirements at noon. One way to make sure that all children who eat in school lunchrooms get the required amount of food value is to serve it to them in the form of a complete lunch. That's why many schools with lunchrooms run by community cooperation are specializing in so-called plate of complete lunches.

### Children Are Critical Food Judges

As the children get a complete lunch through a common menu, the pattern of good food selection becomes fixed in their minds. The natural desire to be one of the group motivates a child to eat all the foods that are put before him, and he develops the habit of eating foods that are nourishing as well as those that are pleasant to the taste.

Those one-plate lunches do not necessarily mean entirely hot foods. Salads and sandwiches with protein-rich filling might be main dishes that can be flanked by raw vegetables and fruits in season. Or one hot dish and beverage may be served with cold foods. School lunch managers soon find out which food combinations are favorites and serve them often. They continually have to keep the food attractive and well-cooked because children are critical judges of well-prepared meals.

### Plate Lunches Are The Answer

For years, lunch directors and home economists have advocated a plate or tray lunch for children with this educational end in mind. The war has brought the system greater recognition. Plate lunches are economical of time, effort, food and equipment...as well as money. These lunches follow a simple pattern...milk, meat, or another protein-rich food, vegetable or fruit or both, bread with butter or fortified margarine. There may be a dessert, but that is optional.

### WEA HELP FOR SCHOOL LUNCHROOMS

Federal funds will be available in 1944-45 to assist schools needing financial help to serve school lunches. The Office of Distribution, War Food Administration is the agency disbursing the \$50,000,000 appropriated by Congress. The maximum reimbursement is 9 cents per meal per child. According to law, the payment depends on the number of children attending school in the state and local need of financial assistance. These lunchrooms, even with financial assistance, are basically community undertakings. The responsibility of planning, cooking and serving the meal is up to local managers. Usually the managers or sponsors are organized into a council composed of a school administrator, home economics or agricultural teacher, representatives of the PTA and other civic organizations. When food is not grown especially for the lunchroom or donated, it is bought locally.

Broadcasters may wish to tell those interested in securing financial assistance for a school lunchroom to write to the War Food Administration, Office of Distribution, 821 Market Street, Room 700 - San Francisco 3, California.

## BUTTER IN SEPTEMBER

Homemakers will be able to buy four out of every five pounds of butter manufactured in September. In other words, 20 percent, one pound out of every five will be set aside by manufacturers for war uses. This means it must be offered for sale only to a government agency for military and other non-civilian claimants.

### Government Quota Lower

The government's butter quota for September is lower than the 30 percent required to be set aside during August. This is in line with the War Food Administration policy of asking butter producers to reserve less butter during the months of seasonally declining production so that there will be a minimum disruption of the civilian supply.

The set-aside quota in September last year was also 20 percent. However, a sharp drop in butter production so far this year will probably make it necessary for government agencies to continue buying butter during October. Last year no butter produced after September was purchased except small amounts offered by butter makers in fulfillment of their previous commitments.

## OLIVE OIL FROM SPAIN

American consumers may soon be seeing more imported olive oil on their grocer's shelves. The War Food Administration has made arrangements with the government of Spain for the exportation of 3,000 tons of olive oil to the United States. Olive oil is used principally for medicinal and edible purposes. In the preparation of foods, olive oil is a popular ingredient in salad dressing and is used as a fat for frying foods.

Olive oil was among the several oils returned to private trade by the WFA several months ago, and no permit is necessary to import it.

## MORE MILK IN YOUR BREAD

Non-fat dry milk solids are in good domestic supply now, so the War Food Administration has amended War Food Order No. 1 to remove all restrictions on their use in the manufacture of bread. This new amendment was effective August 22. These non-fat dry milk solids used to be known as dried skim milk. (See Round-up, June 3, 1944).

Milk in bread making has been limited since January 1943 to 4 parts of milk to 100 parts of flour. The removal of the restriction will enable bakers to return to pre-war standards (averaging about 6 parts of milk to 100 parts of flour). This means an improvement in bread from the standpoints of nutritive value, palatability and keeping qualities.

## FOOD NOTES FROM 18th CENTURY WRITINGS

**GARLIC.....** The Egyptians worshipped it, but the Greeks held it in such abhorrence that those who ate it were regarded as profane. Persius relates that they made criminals eat of it for several days to purify them from crimes.

The Romans gave garlic to their laborers to strengthen them and to their soldiers with the idea that it excited courage in warriors. Following the same theory, the Romans fed garlic to their game-cocks previous to fighting them.



BASIL.....It was an opinion among the ancients that if basil was pounded and put under a stone, it would breed serpents. It is said that an Italian of ancient times bred a scorpion in his brain by frequently smelling this herb.

BEETS.....Beet juice and the juice of beet leaves was said to relieve a headache.

CABBAGE..... It is related that the ancient Romans, having expelled physicians out of their territories, preserved their health for 600 years and soothed their infirmities by using and applying cabbage as their only medicine in every disease.

#### 18th Century Note on Cabbage Cookery

Dr. R. James says that cabbage is agreeable to the stomach if it be eaten slightly boiled. But another author of the period goes further into the subject. He says, "I must expose an error, which is no less common than pernicious in preparing cabbage. Most people, in consequence of the ignorance of their cooks, eat it after it has been long boiled, a circumstance which does not a little diminish both its grateful taste and salutary qualities. But I observe that those who have a more polite and elegant turn, order their cabbage to be slightly boiled, put into dishes, and seasoned with salt and oil; by which method they assume a beautiful green colour, become grateful to the taste and proper for keeping the body soluble. This circumstance ought not to be forgot by those who are lovers of cabbage."

#### PAPER, PAPER, PAPER...CONSERVE IT NOW

Broadcasters are urged to keep reminding their listeners of the need to conserve paper...paper wrapping, old magazines and newspapers and those heavy brown paper bags. The scrap should be saved and turned over to the local paper drives. But the heavy brown paper bags should be saved and used again and again, as long as possible - and each one should endure 9 trips to the grocery store and back, barring dampness or other accidents.

Here are a few facts on the paper bag problem, which, although you may have heard before, should be helpful in reminding your listeners to save and conserve bags.

- 1 - Shortages of paper bags and wrapping paper are threatening to become a serious bottleneck in the distribution of foodstuffs to civilians. The reason?..... present inventories of pulpwood, the principal raw material used in making paper and paperboard, is now down to around three-fourths of normal. The lumberjacks have gone to war, so there's a shortage of manpower to cut the pulpwood, and fewer trucks available to haul that pulpwood from the woods after it has been cut.
- 2 - In its own way, paper is just as essential to direct war uses as metal. All supplies going overseas are wrapped in paper and packed in paper - for instance, it takes 52 pounds of paper to pack one ambulance. There are 700 thousand different kinds of items shipped to the Army that must be paper-wrapped or boxed. These items come first.
- 3 - Retailers will have less than half of their usual supply of wrapping paper and paper bags. What consumers must realize is that unless available wrapping supplies are extended to the limit, many stores will be completely out of bags and paper for indefinite periods.

MARKET PANORAMA

SEATTLE

FRUIT IN MODERATE SUPPLY.....Apples (lower). Cantaloupes (higher). Peaches  
(temporarily in lighter supply - slightly higher).  
Watermelons  
IN LIGHT SUPPLY.....Oranges  
BEST VEGETABLE BUYS.....Tomatoes, beets, corn, snap beans and celery  
(lower).  
IN MODERATE SUPPLY..... Carrots, cauliflower, onions and peas.  
IN LIGHT SUPPLY.....Cabbage and potatoes. Lettuce (slightly higher).

PORTLAND

BEST FRUIT BUYS.....Watermelons (slightly lower).  
IN MODERATE SUPPLY..... Peaches (temporarily in lighter supply).  
Apples (slightly lower). Cantaloupes and oranges.  
BEST VEGETABLE BUYS.....Corn (slightly higher). Tomatoes and celery  
(slightly lower). Peas, beets, carrots, onions  
and new potatoes.  
IN LIGHT SUPPLY.....Cabbage (selling at ceiling). Cauliflower and  
lettuce.

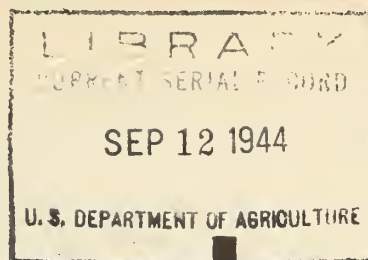
SAN FRANCISCO

BEST FRUIT BUY.....Peaches  
IN MODERATE SUPPLY.....Apples (slightly lower). Cantaloupes (higher)  
Watermelons  
BEST VEGETABLE BUYS..... Corn and onions.  
IN MODERATE SUPPLY.....Snap beans, beets, cabbage, carrots, cauliflower,  
peas. Tomatoes (slightly lower). Lettuce (slightly  
higher).  
IN LIGHT SUPPLY.....Celery and potatoes.

LOS ANGELES

BEST FRUIT BUYS..... Clingstone peaches (reasonably priced - right for  
canning). Bartlett pears (prices have probably  
reached their lowest level of the season - right  
for canning). Plums.  
IN MODERATE SUPPLY.....Freestone peaches, Gravenstein apples, oranges.  
Lemons and nectarines. Figs and avocados (high).  
Cantaloupes (higher). Watermelons (lower).  
BEST VEGETABLE BUY..... Corn  
IN MODERATE SUPPLY..... Celery, peas, cabbage, bunched vegetables, squash  
and tomatoes (higher). Cauliflower and lima beans  
(lower). Snap beans (higher). Lettuce (selling  
at ceiling).  
IN LIGHT SUPPLY..... Sweet potatoes (just coming in). Asparagus (high).





# Radio Roundup

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
September 2, 1944

### I N T H I S I S S U E

- GOOD FOOD ON THE JOB.....Some true stories about the results of good food for the workers in the nation's war plants.
- HOW LARGE IS A PORTION?.....September is Nutrition Month, and back-to-school month, too. Here are a few notes on how the schools will serve their lunches this term.
- U. S. RICE ON THE WORLD MARKETS.....Rice is produced in record-breaking crops in America, now, to help fill the need of our allies for this "international food".
- THE AMERICAN LARDER FOR SEPTEMBER.....Plentiful foods for September.
- KNOW YOUR ONIONS.....Notes on the onion supply, and how to choose between good onions and bad...how to store them successfully, too.
- AN APPLE A DAY.....It's apple-eating time all over America, and the crop will be 41 percent larger than last year's, so everyone can eat their fill.
- INCLUDED WITH THIS WEEK'S ROUNDUP.....The new bulletin, TOMATOES ON YOUR TABLE is full of interesting ways to prepare this plentiful food, green or ripe, fresh or cooked.

**US Department of Agriculture**  
**Food Distribution Administration**

## GOOD FOOD ON THE JOB

Here are some true stories that tell just how important good food is to our war workers, how it cuts absenteeism and turnover in war plants in half.

About a year ago the Issacson Iron Works in Seattle, Washington was having difficulties with rapid labor turnover and absenteeism. So the company built and equipped a modern cafeteria. Soon after the cafeteria was opened, approximately 95 percent of the employees were eating there. The labor turnover the month before the opening of the cafeteria was over 12 percent, and six months after the opening it was down to less than six percent. Absenteeism since the opening dropped from 9 percent to about 4 percent.

Recently in another part of the country, one hundred men from various war plants were nutritionally rehabilitated. These men were previously unable to work because of nutritional deficiencies. All except one of these men returned to work, and that one man joined the armed forces. One of the group was brought to the clinic in an ambulance. After a couple of weeks of diet and vitamin therapy, there was a definite improvement, and within three months this man was working six days a week. Throughout the next year, he was on the job every day.

It was found that poor food habits were one of the factors causing the illnesses of these men. Recently, a nationwide check up of daily diets was made, showing neglected parts of diets. Of the people questioned, almost half of them had eaten no foods from group two of the basic seven the day before. And over one-third of them had neglected dairy products.

### Watch That Vitamin C

As September is Nutrition Month, special effort is being made to urge better breakfasts and better lunches for workers. Why don't you suggest to your listeners that they make surveys of their families' dietary habits? As was indicated in the nationwide survey, vitamin C was one of the most prevalent dietary deficiencies. And of course, this deficiency can be cured by eating tomatoes, oranges, grapefruit, and raw cabbage. One orange, half a grapefruit, or ten ounces of tomato juice for breakfast will start the day with one-half of the daily vitamin C requirement. Strange as it may seem, a survey made right in the Citrus Belt of California showed that about two-thirds of the people had not eaten citrus fruit or tomatoes once a day. Almost one-fourth of them had neglected these foods for a week or more.

### Follow The Basic Seven Chart

Vitamin C is only one of the weak spots of the American diet. Homemakers and dieticians have to plan good nourishing meals, and also teach everyone to eat them. Many are following the War Food Administration's Basic Seven Food Chart. By eating sufficient quantities of food from each of these seven groups, a person will have a balanced diet. In order to encourage workers to eat balanced meals, the dietician of the R. J. Reynolds Tobacco Company in North Carolina is offering vegetables and variety of salads for five cents, and a low priced well-balanced special lunch. In addition, she has been carrying out a schedule of weekly classes for lunchroom supervisors and cooks. She's planning another educational program for the employees which should result in more nutritious lunches.



## HOW LARGE IS A PORTION?

September is both Nutrition Month and back-to-school month. The two go well together because a good school lunch means better all around nutrition for boys and girls.

Schools which are to receive federal aid from the War Food Administration for their lunch programs must meet certain requirements. You'll notice these requirements are, in reality, just safeguards. One of these requirements is that the lunch served supply a generous portion of the child's daily food needs.

The foods may be prepared in many different dishes and menus. However, to secure the maximum rate of assistance - 9 cents per meal per child - each pupil must be served the following amounts:

1. One-half pint of whole milk as a beverage.
2. A protein food such as; 2 ounces of meat, poultry, cheese, fish; or one egg; or one-half cup of dry peas, beans or soybeans; or 4 tablespoons of peanut butter.
3. Three-fourths cup of vegetables and/or fruit.
4. One or more slices of bread or muffins or other hot bread made of wholegrain cereal or enriched flour.
5. Two teaspoons of butter or fortified oleomargarine.

For additional information on obtaining federal assistance for School Lunch Programs, write to the Office of Distribution, War Food Administration, Room 700, 821 Market Street, San Francisco 3, California.

## U. S. RICE ON THE WORLD MARKETS

The United States is producing rice crops of record-breaking size. And what's more we're shipping rice to countries now that used to depend on Burma, Thailand and Indo-China.

The greater part of the rice grown in the United States continues to go to Cuba, Puerto Rico and Hawaii, for these countries were our major rice customers even before the war. Our new outlets since the war are the United Kingdom, Russia, West Africa, Greece, and liberated areas in France. While our shipments can't fill all demands from these countries, they are tiding the people over until the Burma area can be reopened.

Most of the rice produced in this country is grown in Louisiana, Texas, Arkansas and California. Rice is harvested after the middle of the summer, and is available on markets throughout the year. The southern rice crop begins to come to the mills during late August. The marketing year for California rice begins October 1. The southern and California crops this year are estimated to be over 70 million bushels, compared with about 50 million bushels for the ten-year average (1933-42).

## There's Rice in Every Cookbook

Rice is one of the international foods for which people have developed strong national tastes. The cook book of almost any country has rice dishes seasoned to suit the natives of that particular part of the world. In the United States, rice is consumed in large quantities by the people of the southeastern coastal plain, in the producing areas and by persons of Oriental or Spanish-American ancestry. For the past ten years, the average annual consumption of rice in the United States had been about six pounds per person. On a state basis the use of rice ranges from less than one-tenth of a pound in New Hampshire and Vermont to 25 to 30 pounds in South Carolina and about 40 pounds in Louisiana.

## THE AMERICAN LARDER FOR SEPTEMBER

With the emphasis on good nutrition this month, the American homemaker will find the food supply situation most promising.

The fall run of cattle is just beginning. While the total number of cattle sent to market will be larger this month, the supplies of beef for civilians will be slightly lower. The shortage of high grade cuts will be more pronounced, but there will be more low grade beef. Veal will be more adequate than during August, while lamb continues at the same level of supply. There may be slightly more pork for civilians than last month, but we'll still be short of pork chops, loins and hams. Sausage, variety meat and canned meats will be in fairly good supply.

Dairy products in general will be fairly tight because of the seasonal decline in milk production. There will be less butter and evaporated milk for the month ahead than for the past few months, though about the same as in August. The cheese supply will be unchanged. Top grade eggs will be less plentiful, but there will be adequate supplies of the B and C grade eggs.

As for fresh produce, there will be plenty of potatoes, onions and locally grown vegetables. The apple crop looks good...about 41 percent larger than the small yield of last year.

The supply of canned fruits and juices for the coming year will not be any bigger than in 1943...perhaps less. Canned pineapple, peaches, pears, and fruit cocktail will be in shorter supply, but this cut will be somewhat offset by increases in the minor fruits and juices. Canned vegetable supplies, barring unexpected changes, will be about the same as last year. However, some of the major items, such as canned tomatoes and tomato juice will be in shorter supply. Canned baby foods, soup and baked beans are expected to be more plentiful.

As for the dried foods during September...there will be no increase in the supply of dried fruits as the new pack has not yet reached retailers. There will be an ample supply of dry beans for civilian distribution during the coming year, although only small quantities from the new crop will reach distributive channels in September.

Grains are a basic food and the supply is such that all civilian demands can be satisfied. That means plenty of bread, cereals, macaroni, and paste products.

## CALCIUM FOR BONES AND TEETH

Many people think that calcium is essential only for children. They think that grown-ups don't need calcium in their diets because their bones and teeth are already formed. According to Dr. Henry C. Sherman, former chief of the Bureau of Human Nutrition and Home Economics, calcium is one of the two nutrients in which American diets most often fail to measure up on the good nutrition yardstick. Just because the bones and teeth of adults are fully developed is no assurance that they will remain in perfect condition for a lifetime. They need material for repair just as the tissues of the body do. And calcium is the principal food value whose job it is to build and repair teeth and bones.

Milk and cheese are the main sources of calcium. Green leafy vegetables are our second source, although they rate much below the dairy products in their supply of calcium. You don't have to be concerned about getting too much calcium. If you take more than you need, there are special storage spaces in the bones to take care of the extra supply.



### KNOW YOUR ONIONS

The cry for more onions was so strong last year that onion growers are promising a record-breaking crop this fall. It is estimated at 51 percent greater than last year's crop and 47 percent above the 10-year (1933-42) average.

The eastern states will harvest more onions than average, the central states less than average, but taken together their crops add up to about a normal supply. The greatest expansion in acreage and production has taken place in the western states where this year's production is at least 2 and one-third times as big as average.

Because of a critical shortage of storage space in the western-producing states, you may be asked to help move the supply by encouraging greater consumption.

Urge your radio audience to select bright, clean, hard onions with dry skins...and to watch for moisture at the stem end which may indicate decay at the heart of the onion. Onions will keep well if they are stored in a cool dry, well-ventilated room. A free circulation of air is essential if the onions are not to turn soft at the center.

### AN APPLE A DAY

Favorite apple recipes will soon be coming out of the cook's files as October promises to be the big apple harvest month. All states are looking forward to good-sized crops this year...in fact...the increase is 41 percent over last year's small yield.

The commercial production of apples is expected to be slightly more than 125 million bushels. Thirty-five million bushels will be processed...leaving over 90 million bushels for fresh use. This amount for fresh use will be more than the entire apple yield last year.

Apples are one of the most popular fruits in group three of the Basic Seven chart. Their popularity grows out of their adaptability...they may be eaten fresh, or sliced and fried to accompany the meat course, or baked for desserts.

In order that the family can enjoy favorite varieties throughout the winter, the forward-looking homemaker will be canning a supply of apples too. This fruit may be canned either sliced or as applesauce. Apple butter or spiced jelly are winter treats for those who like the flavor of cinnamon and cloves or allspice.

### BURIED TREASURE

The July 8 Radio Round-Up told of the huge limestone mine near Atchison, Kansas that would soon serve as a refrigerator for Uncle Sam's surplus agricultural products.

Well, the first shipments of food, dried eggs chiefly, will move into this huge cold storage warehouse, soon. About ten to twelve cars were moved on warehouse tracks for unloading this week.

The mine, located two miles from Atchison, has been converted into a cold storage unit by the War Food Administration to ease the strain on commercial cooler space. It means more room for foods that will be marketed this fall and during other seasons of peak agricultural production. It will provide space for a wide variety of products, particularly from the mid-west and far west.

## THE CITRUS NEWS IS GOOD THIS YEAR

All reports point to a probable record production of fresh and processed citrus fruits for the 1944-45 season. Both civilians and the armed forces are expected to have more oranges, tangerines, grapefruit, lemons and limes from now until next summer.

The War Food Administration is allocating nearly 83 percent of all fresh citrus products to U. S. civilians, and 12 percent to the armed services. The remaining 5 percent will go to our allies, American territories and friendly nations.

The allocation of fresh citrus fruits to civilians marks an 8 percent gain over last year, and are complemented by larger allotments of processed fruits. Total citrus output is expected to exceed the 1933-44 production by one billion pounds.

## 36 MILLION POUNDS OF CHEESE

The civilian share of cheddar cheese in September will amount to 36 million pounds...that's 8 million pounds more than the civilian allotment for the same month in 1943.

The government "take" of cheddar cheese for war needs will be reduced from 60 to 50 percent of production during September, which will keep the civilian supplies up to their present levels during the lower producing fall months.

The armed forces and military services, such as the Red Cross, will need more cheddar during the next few months, in spite of lower set-aside requirements. In line with standard WFA practice, these demands will be met from stock-piled cheese which was bought during the peak production months of spring and summer.

## FOOD NOTES FROM 18th CENTURY WRITINGS

BARLEY.....If water be nitrous, brackish and bitter, by putting fried barley-meal into it, in less than two hours, it will be purified and sweet, and it may be drunk with safety...or so it was believed in ancient times.

Pliny says that a cataplasm made of barley-flour and butter is an anodyne remedy against all kinds of pain.

BASIL.....This herb which seasons so many 20th century dishes was condemned by Chrysippus more than 200 years B. C. He claimed that basil was "hurtful to the stomach, an enemy to the sight, and a robber of the wits".

BEANS.....The Romans at one time believed that the souls of the dead resided in beans. Therefore, they were eaten at funerals and obsequies of the dead.

The Romans also thought that beans mixed with goods offered for sale at the ports would infallibly bring good luck to the seller.



## THE AMERICAN SUGAR BOWL

When the Japanese took Manila, they deprived us of one of our best sources of sugar...the Philippines, which supplied about 15 percent of our sugar needs. Since that time, we have had to lean more and more heavily on Cuba for our sugar supply.

More than 70 percent of the sugar consumed in this country arrives in ships from offshore cane-producing areas, domestic and foreign. About two-thirds of the remainder is coming from sugar beets grown in the continental United States, and the remaining third from sugarcane grown in Louisiana and Florida.

Fortunately, Cuba has been able to expand her sugar output tremendously. Her harvested sugarcane crops in 1942, 1943, and 1944 yielded the equivalent of about 13,500,000 tons of sugar, compared with about 8,955,000 tons from the three crops immediately preceding (1939-41).

### Sugar for Industrial Alcohol

Our government has purchased virtually the whole of the last three Cuban crops for our civilians, armed forces and allies. A considerable portion of the Cuban crops come here not as sugar, but as invert molasses for the industrial alcohol program. If we hadn't had to divert so much Cuban sugarcane to alcohol, particularly in our synthetic rubber program, there probably would have been more sugar for civilians.

The government hopes to be able to buy the 1945 Cuban sugar crop. Incidentally, during the last war, Cuba also increased her production tremendously and we bought her 1917 and 1918 crops for ourselves and our allies.

Almost all the sugar arriving on our shores is raw sugar...sugar which is then refined by the cane refiners, who are located mostly on the Atlantic, Gulf, and Pacific seaboard.

## FROZEN FOOD STORAGE

Since all the cold storage warehouses are filled to capacity, the War Food Administration has set a ceiling on the amount of food which can be stored in freezer space, and has denied occupancy of such space to lots of frozen food under 300 pounds.

The total quantity of frozen fruits, vegetables and packaged fish which may be stored in any public warehouse will be limited to the amount which was stored on October 1, 1943. Restrictions have also been placed on the storage of frozen poultry in barrels and baskets, which are said to take up 50 percent more room than boxes.

Freezer occupancy is denied to small lots of food because they must be piled separately, which is a waste of space. Also, the small lots can be stored in home refrigerators or in private freezer lockers not affected by the new regulations.

The new measures are necessary to assure space for meat and poultry which must be frozen before shipment to the armed forces overseas.

MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS.....Apples and peaches (lower)  
IN MODERATE SUPPLY.....Cantaloupes and watermelons  
IN LIGHT SUPPLY..... Oranges  
BEST VEGETABLES BUYS...Beets and snap beans. Celery and tomatoes (lower)  
IN MODERATE SUPPLY.... Onions (lower). Corn (higher). Peas, carrots, cauliflower,  
lettuce and potatoes.  
IN LIGHT SUPPLY..... Cabbage

PORTLAND

BEST FRUIT BUYS..... Peaches (peak season - prices down - canning time is here).  
Bartlett pears (canning season from now until late September).  
IN MODERATE SUPPLY.....Plums and late summer apples  
BEST VEGETABLE BUYS....Snap beans, corn and cucumbers (canning season now on)  
IN MODERATE SUPPLY.....Tomatoes (may be a temporary shortage)

SAN FRANCISCO

IN MODERATE SUPPLY.....Apples, oranges and watermelons. Peaches (slightly higher).  
Cantaloupes (lower)  
BEST VEGETABLE BUYS....Corn (slightly lower). Tomatoes  
IN MODERATE SUPPLY.... Snap beans and celery (slightly higher). Cauliflower  
(slightly lower). Peas, beets, cabbage, carrots, lettuce  
and onions.  
IN LIGHT SUPPLY..... Potatoes

LOS ANGELES

BEST FRUIT BUYS..... Plums. Bartlett pears (slightly lower). Watermelons.  
Cantaloupes (lower)  
IN MODERATE SUPPLY.....Brunswick figs (slightly lower). Peaches (season past its  
peak). Gravenstein apples, grapes, nectarines, oranges,  
lemons.  
IN LIGHT SUPPLY..... Kadota figs (high). Grapefruit.  
BEST VEGETABLE BUYS....Onions and bell peppers (lower)  
IN MODERATE SUPPLY.....Tomatoes, potatoes, snap beans, and celery (slightly higher)  
Corn and bunched vegetables (slightly higher). Italian,  
white summer and yellow crookneck squash (higher). Lettuce  
(ceiling). Eggplant, and sweet potatoes. Peas (best  
quality at ceiling)  
IN LIGHT SUPPLY..... Cauliflower (higher)





LIBRARY  
CURRENT SERIAL RECORD  
SEP 20 1944  
U. S. DEPARTMENT OF AGRICULTURE

# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
September 9, 1944

### IN THIS ISSUE

- HOLIDAY MESSAGE FROM HOME.....The GI's like food in the Christmas packages from home, and here are some suggestions about what to send them and how to pack the food for safe travel.
- TURKEYS ON EVERY G.I. PLATE.....The Service boys and girls overseas - and the ones in camps all over America will have turkey for their holiday dinners this year. And we civilians will get our share, too...at least 3 pounds apiece.
- A GOOD LUNCH PACKS A PUNCH.....News of America's production front, and how the workers eat on the job - in cafeterias and lunch wagons. In-plant feeding pays big dividends.
- BIRTHDAY FOR THE "A" FLAG.....The War Food Administration's "A" for Achievement Flag will be one year old this month.
- MEAT ON THE MENU.....The facts and figures on our meat supply for the rest of the year.
- OFF THE RATION LIST.....Here's the list of foods to be taken off the ration list on Sept. 17...and the reasons behind the new releases.
- ONIONS ARE A VICTORY FOOD SELECTION...The onion situation - what to do about it.

**US Department of Agriculture**  
**Food Distribution Administration**

## HOLIDAY MESSAGE FROM HOME

If one of the Christmas packages for a boy or girl overseas is going to be food, the contents should be picked and wrapped with some consideration to avoid disappointment to the receiver.

The climate is an important factor. For example, soft chocolate candy won't stand tropical weather, but might be sent to cooler climates if packed in tin. Perishable foods like fresh fruit will not be accepted by the Post Office. Food in glass jars are not banned by Post Office regulations, but are discouraged because too many people do not know how to pack the containers. In some cases the boys have tried to eat the food, even though the glass around it was broken, and have received cuts...and food poisoning. If glass jars are included in the package, they should be heavily wrapped in excelsior or shredded paper. Tin containers are preferred.

### Send Them The Luxury Foods

AS for contents...get the food the boys will not get G. I. That includes a number of items in the luxury class. Anchovies, olives, crabmeat, fruit juices, fancy crackers...all have been voted favorites. Fruit cakes are always popular holiday fare...they ship and last well, as for cookies, food specialists in the U. S. Department of Agriculture suggest that firm, rather soft thick cookies travel with less breakage than the thin, crisp type. Square cookies pack more compactly than round cookies. Dried fruit bars, honey, chocolate chip and spice cookies are all good travelers. Chocolate brownies will keep moist if frosted on all sides and then wrapped individually in waxed paper. Tight tin containers not only insure a safer arrival, but protect the freshness of cookies, cake, candy, nuts and other foods. Some mothers have sent fruit and fudge cakes in tin boxes and sealed the edges of the lid with adhesive tape. Their sons reported that the cakes arrived in perfect condition. Vacuum packed nuts are also recommended.

That gift of food can truly be a holiday message from home.

### TURKEY ON EVERY G. I. PLATE

Civilians will have difficulty buying turkeys until the Army Quartermaster Corps has bought enough to assure every serviceman and woman turkey dinners for Thanksgiving, Christmas and New Year's Day.

War Food Order 106 requires the set-aside of 100 percent of the turkeys marketed and processed in designated states and areas, most of which are west of the Mississippi River. Though this order has been in effect more than a month, less than three million pounds of turkeys have been obtained. This is in addition to the eight million pounds of hen turkeys purchased for overseas shipment before June. The total quantity obtained is very small, in relation to the need of the armed forces, and only a small portion of the 500 million pounds of turkey being produced this year. The War Food Administration will restrict sales of turkeys to army buyers only until the servicemen's quota is met.

Although total military requirements of turkeys cannot be told, the need is considerably greater than last year. However even when military purchases are met, the civilian share will be at least three pounds per capita as compared with three and a fourth pounds last year and only about two and a half pounds per capita in the pre-war years 1935 to 1939. With the all-time record supply in prospect this year, the share for each civilian may exceed the 3 pounds allot.



### A GOOD LUNCH PACKS A PUNCH

Since the war began, industrial output in America has increased so tremendously that Government, Management, and Labor have found it necessary to promote better working conditions. One of the new steps is that workers are being fed on the job. By March of this year, five and a half million workers were benefitting from in-plant feeding arrangements. This represents a third of the workers engaged in manufacturing jobs. Before the war less than one-fifth of the workers in manufacturing plants were getting their meals at work.

The General Cable Corporation at Perth Amboy, New Jersey is one of the many plants responsible for these new figures. To feed an ever increasing number of employees (the plant has grown from 1200 to 3700 workers), the management decided to switch from a cold service counter to a full-blown cafeteria.

The restaurant opened this March. Walls in the room are knotty pine and the cretonne drapes at the windows have pine cone designs. The tables are topped with chromium finish. Reproductions of famous pictures hang on the wall.

#### Workers Eat in Shifts

There are three feeding sessions at noon extending from 11:30 to 1:00 P.M. The workers always have a choice of homemade soup, two meats, three vegetables, salads, combination plates, desserts and drinks. Then there is the sandwich bar for those who care to supplement lunches brought from home. Food popular in the homes of the workers, such as meat and cabbage dishes, are frequently included in the menu. The women in charge of this cafeteria believe that food can be interesting and reasonable.

#### Lunch Wagons Serve Hot Lunches Too

Some of the mill jobs require constant attention from the workers. Those who are unable to leave their benches to come to the cafeteria are serviced by three wagons equipped to keep food hot and cold. As much food is sold from the wagons as in the cafeteria. Women do most of the work in the cafeteria, and are enthusiastic workers because usually they have sons in the Army and want to feel they are doing a war job at home.

The General Cable Corporation does not consider its feeding program a wartime measure. It expects to continue the in-plant feeding program when the war is over because it feels that nutritious food on the job is a definite factor in maintaining health of workers and keeping morale at high level.

### FOOD NOTES FROM 18th CENTURY WRITINGS

BEANS.....The ancients used beans in gathering the votes of the people, and for electing magistrates. A white bean signified a "yes" vote, a black one, "no". Perhaps this is the origin of our custom of "black-balling obnoxious persons."

Cicero claimed that beans were great enemies of mental tranquility.

In his writings, Lucien introduces a philosopher in-hell saying, "to eat beans, and to eat our father's head are equal crimes".

### BIRTHDAY FOR THE "A" FLAG

The green flag with the big "A" in the white circle you have seen flying over a cannery or food plant in your town is going to have its first birthday next week.

If you attended the ceremony when an "A" Flag was presented to the men and women at a local food processing plant, you heard an Army or Navy officer and a representative of the War Food Administration, tell those who had "worked in the pack" just what their food services were contributing to the march on Berlin. You heard the workers praised for protecting the well-being of the home front with important food supplies. That praise was truly earned because to get that "A" Award the plant had gone over and beyond the basic requirements of quantity and quality of food production. Also the spirit of the workers is high in "A" winning plants.

#### A Pin For Every Worker

After the introductory speeches, you saw the "A" award flag raised for the first time. You heard an official from the plant accept that flag. Then you saw a representative group of workers step forward to receive the coveted "A" award pins...in all probability from the hands of one of our heroes at Tarawa or Anzio or France.

#### For The Boys "Over There"

Finally you saw one of the workers...self-conscious before the plant gathering...accept the pins in the name of his fellow workers. He said that he didn't feel that this honor was for himself. He was doing a job for his son and the neighbor boy next door who were in uniform. Yes, even for the lad down the street who wouldn't come back. He didn't consider the award the end of his work... rather he pledged himself to stick to his post until the war was won.

#### Over 200 Plants Fly the "A" Flag

And then everybody stood up and sang the Star Spangled Banner. That was the "A" Award ceremony in your town...or the town up the road. No big celebration. No great fanfare. But the people who filed away from the presentation platform had a firmer set to their jaws.

On September 18, we celebrate the "A" Award birthday we have mentioned. Just one year ago the War Food Administration announced its program to honor the men and women who process the nation's food. Over two hundred food plants have won the Achievement Flag. This "A" Flag shows a big block surrounded by a white wreath composed of a head of grain and half of a gear wheel symbolic of farm and plant production. All this is on a green field symbolic of agriculture. A white star in the left corner indicates the first year's award, and a star may be added for each year the plant continues its high record of production. A hundred and fifty thousand workers proudly wear the "A" pin which is a replica of the central design on the flag. Canneries, meat packing plants and grain processors have shared in the award from coast to coast.

Tell your listeners next time they see an "A" Award flag or pin it is a sign of cooperation among farmers, food processing plants, management and workers.



### MEAT ON THE MENU

More cattle are going to market now. This is a seasonal increase, and civilians can expect larger supplies of veal and lower grade beef. The total receipts this fall and winter are expected to show about a third more cattle and half again as many calves as a year ago.

#### Don't Expect Much Top Grade Beef

That top grade beef will continue in light supply largely because the number of beef on grain feed is smaller than a year ago. On August 1 there were only three-fifths as many on feed in the eleven corn belt states as in 1943. Another reason the homemaker won't be seeing the more choice cuts of beef on the market is due to the fact that a higher percentage of the top grades are required for our military forces. Since September 3, sixty percent of "good" and "choice" federally inspected beef, and sixty percent each of "commercial" and "utility" beef must be reserved for purchase by war agencies.

#### Veal Will Be A Stand-by

With no set-aside on veal, you'll continue to see relatively good supplies for the rest of the year. Many stockmen are paring down cattle numbers by selling their calves.

For the rest of 1944, consumers will find slightly less pork, lamb and mutton available than they were able to buy the last quarter of 1943 and the first of 1944. Hog slaughter reached an all-time peak in the first half of this year when over 41 million head were slaughtered under federal inspection. This was about a 37 percent increase over the first part of 1943. The seasonal upturn in marketing after the first of October will be less pronounced this year because there was a 24 percent reduction in the spring pig crop and non-civilian takings for pork are also large. Lamb and mutton supplies will be about 10 percent smaller this year than last. In fact, the lamb crop of 29,600,000 head is the smallest since 1930.

The consumer will find that meats will be in supply in this order: - beef, pork, veal, lamb and mutton.

### PEACHES IN THE NEWS

The War Food Administration has purchased 23 carloads of surplus California clingstone peaches and shipped them to recipients in five western states. This carlot movement was in addition to 13,481 pounds of peaches which the WFA bought for school lunch and community canning groups.

Orders for peaches have come in from virtually every state west of the Mississippi River, but offerings by growers, to date, indicate there will not be enough peaches to fill all the requests. The WFA has been authorized to buy up to 2,500 tons of No. 1 peaches for free distribution to institutions and school lunch and community canning centers

## OFF THE RATION LIST

A number of processed foods go off the ration list on September 17, because of ample supplies available or in prospect, according to War Food Administrator Marvin Jones.

The items that will be ration point-free include fruit spreads, jams, jellies and fruit butter of all varieties...canned vegetables including asparagus, beans, (fresh lima) corn, peas, pumpkin or squash and mixed vegetables...and related products including canned baked beans, tomato sauce, paste, pulp, puree soups and baby foods.

There are many factors responsible for this revision of the ration lists, said Administrator Jones. "The American farmer and ranchman have done a magnificent job since the beginning of the war. Each year of this war they have set a new production record. They have worked long hours. They have been assisted during the harvest and other emergency periods by volunteer workers, part-time and otherwise from the towns and cities."

### Best Fed Army and Navy In The World

"They haven't only made it possible for us to have the best-fed Army and Navy in the world, but they have supplied essential civilian quantities of food to our fighting allies".

Favorable growing weather, reserve supplies, and changing war demands make it possible to release additional foods from rationing.

"In securing a sufficient supply of food to have assurance of Army, civilian and Lend-Lease needs, it is inevitable that more of certain items than is necessary will be on hand. Not only weather conditions, but changing demands and needs make it impossible to produce exactly the amount needed. We are endeavoring to anticipate some of the problems that will arise in handling the vast quantities of food that are vital to our wartime activities."

## ONIONS ARE A VICTORY FOOD SELECTION

With onions classed as a rare article just a few short months ago, the market picture has changed. From scarcity to abundance - that's today's onion situation in the western region. Production has increased...indicated late production for the entire United States, as of August 1, is 46 percent greater than the 10-year average, and almost 51 percent greater than the 1943 crop. So, from now through October, onions will be found in abundance in the nation's vegetable stalls. The varieties on the market now will be the storable kinds, which, when kept in a cool, dry place will keep 60 days or longer.

### FOOD VALUE OF ONIONS

According to the Bureau of Home Economics, fresh mature onions contain small amounts of thiamine (Vitamin B<sub>1</sub>), ascorbic acid (Vitamin C), and riboflavin. They also contain small amounts of iron and calcium.

### WHEN YOU GO TO MARKET

When you're out shopping for the "Victory Food Selection" look for the bright, clean, firm onions with dry stems. If the stem of the onion is moist, it may be a sign of decay inside.



## HOME STORAGE OF ONIONS

To keep well, onions must be thoroughly dry. They should be well cured so that the neck tissue is completely dry. Put them in ventilated barrels, baskets, crates, or loosely woven bags, as good ventilation is essential.

Every available foot of commercial storage space is being utilized to accommodate the huge onion crop, but the space is still inadequate. Storage outside the regular commercial warehouses must be found, and homemakers are urged to store as many onions as possible, thus helping a situation which, if not met, may result in excessive food waste.

## SEASON WITH ONIONS THIS SEASON

Now that the war has cut off many of our main supplies of other spices and seasonings, it's nice to know that onions are still available to all. And now that utility cuts of meat are more plentiful on the market than the choicer cuts, onions can stand the housewife in good stead in making utility meat cuts into real luxury dishes. Yellow onions are the most popular for general cooking uses. White and red onions are favorites for salads and sandwiches, and other foods that call for raw onions.

For those who like the flavor of onions, but not the substance, try tying some sliced onions in a cheesecloth bag. Put the bag into the stew or soup at the same time you would ordinarily add onions, and remove them before serving. For salads, extract the onion juice by scraping the cut side of an onion. Or for salad dressings, put some onion slices in the dressing as you do garlic buds, and remove before mixing with a salad.

## HOW TO COPE WITH ONION ODOR

Onion odor on the hands has discouraged many a housewife from using onions at all. But the odor will disappear if you rub either celery salt or lemon juice on your hands. Then wash off thoroughly, and the tell-tale traces of onion odor will disappear down the drain.

## BAKED ONIONS IN TOMATO SAUCE

(serves 6)

6 medium-sized onions	2 tablespoons flour
1 quart canned tomatoes	2 tablespoons melted butter or
1 bay leaf	other fat
$\frac{1}{2}$ teaspoon celery seed	2 teaspoons salt
2 cloves	dash of pepper

Skin the onions and cut in half. Simmer in lightly salted water for 10 minutes. Drain and put in a large baking dish. Cook the tomatoes with the bay leaf, celery seed and cloves for 10 minutes and strain. Blend the flour and melted fat, add to the tomato juice with the salt and pepper and mix well. Pour over the onions, cover and cook until the onions are tender...about 1 hour. Serve from the baking dish

\* \* \* \* \*

ONIONS are one of the oldest known foods...records dating back to 5000 B.C. show that they were cultivated in the ancient worlds. The Egyptians deified the onion, and decorated many of their buildings with onion designs. The Romans used onions medicinally, to clear the sight by the tears the onions drew...and gave onion juice to those who had suddenly become speechless...or to cure the sting of serpents and other reptiles.

MARKET PANORAMA

LOS ANGELES

BEST FRUIT BUYS.....Cantaloup, local Brunswick figs  
Bartlett pears (slightly lower - canning season on now)  
IN MODERATE SUPPLY....Peaches, nectarines, plums, watermelons. Oranges and  
lemons (best quality at ceiling).  
IN LIGHT SUPPLY.....Apples, grapes, avocados. Grapefruit (best quality at  
ceiling).  
BEST VEGETABLE BUYS...Tomatoes (lower). Onions.  
IN MODERATE SUPPLY....Cauliflower, bunched vegetables, celery, and lettuce. Snap  
beans (slightly higher).  
IN LIGHT SUPPLY.....Peas, cucumbers, cabbage, sweet potatoes, potatoes.  
Summer type squash, asparagus.

SAN FRANCISCO

BEST FRUIT BUYS..... Watermelons, plums, prunes. Clingstone peaches (canning  
season on now).  
IN MODERATE SUPPLY....Cantaloups  
IN LIGHT SUPPLY.....Pears, apples  
BEST VEGETABLE BUYS...Corn, onions, tomatoes (canning season on now)  
IN MODERATE SUPPLY....Peas and beans (slightly higher). Broccoli, brussels  
sprouts, and celery (slightly lower). Cauliflower, lettuce  
spinach, artichokes (slightly lower).

PORTLAND

BEST FRUIT BUYS..... Peaches (canning season in full swing - crop maturing fast,  
so season may be a short one). Bartlett pears (can soon).  
Italian prunes (can now).  
IN MODERATE SUPPLY....Melons, oranges  
IN LIGHT SUPPLY.....Grapefruit  
BEST VEGETABLE BUYS...Tomatoes, snap beans and onions. Cucumbers, egg plant and  
peppers (almost a surplus supply).  
IN MODERATE SUPPLY....Cauliflower and celery (lower). Corn  
IN LIGHT SUPPLY.....Potatoes (ceiling).

SEATTLE

BEST FRUIT BUYS.....Apples, cantaloupes. Elberta and Hale peaches (peak move-  
ment - canning season now). Bartlett pears (very reasonat  
canning season now). Italian prunes (can this week).  
Campbells early grapes (concord type) (prices lower).  
IN LIGHT SUPPLY.....Boysenberries, blueberries, early apples  
BEST VEGETABLE BUYS...Celery, snap beans, spinach, tomatoes and onions (slightly  
lower). Beets (lowest priced). All varieties of squash,  
green peppers (slightly lower). Egg plant (oversupply).  
IN MODERATE SUPPLY....Carrots, green corn, cauliflower, cucumbers, radishes.  
Green onions, new crop parsnips, sweet potatoes and yams  
IN LIGHT SUPPLY.....Cabbage, brocolli, lettuce, Irish potatoes.





# Radio Round-up

## *on food...*

A Service  
To Directors of Women's Radio Programs

San Francisco, California  
September 16, 1944

\*\*\*\*\* I N T H I S I S S U E \*\*\*\*\*

BOUNTY FOR SEPTEMBER\*\*\*\*\* Full report on the crop news for  
September..and it looks good.

MORE CRIES FROM ONIONS\*\*\*\*\* Buy more onions, eat more onions,  
and store a few extra pounds at home.

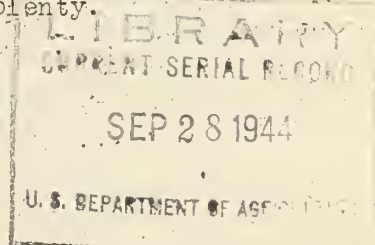
CHRISTMAS GIFTS FOR U. S. WAR PRISONERS\*\*\*\* How the Red Cross sends Christmas  
packages to the war prisoners, what's  
in the packages, and how next-of-kin  
can send one, too.

NUTRITION IN WARTIME ENGLAND\*\*\*\*\* Nutrition ideas and advice is avail-  
able to every British housewife.....  
and here's how the system works.

THE FALL FOR APPLES\*\*\*\*\* Good news from the apple orchards.

IN THE BAG\*\*\*\*\* Peanuts are a valuable food...not  
just a between-meal-snack..and the  
crop is large this year, so everyone  
will have plenty.

**US Department of Agriculture**  
**Food Distribution Administration**



## BOUNTY FOR SEPTEMBER

The crop report of September 1 issued September 11 by the U. S. Department of Agriculture shows that American farmers and their families have done their on-to-victory job well. Net agricultural production now seems likely to be above that of any past year except 1942...and within 2 percent of that all time bountiful year.

Among crops now expected to surpass last year are corn, wheat, oats, peanuts and deciduous fruits and vegetables for the fresh market. As a result of dry weather in the North Atlantic and Pacific Coast states, and damage from drought in other sections of the country in early August, prospects for dried beans declined 10 percent during the month. Potatoes, dry peas, apples, sugar beets, rice and buckwheat were also affected by this drought, and their prospective production declined from 1 to 4 percent since the August first estimate:

If frosts hold off until large acreages planted to late crops can mature, further production records can be expected. A few weeks of favorable weather could give the largest aggregate volume of crops this country has ever produced.

### Fruit Prospects

The total prospects for fruit this season changed very little during August. Dry weather brought a slight decrease in commercial apple supplies. But this decrease was more than offset by increases in other fruits. The tonnage for eight major deciduous fruits such as apples, peaches, pears, grapes, cherries, plums, prunes and apricots is indicated as over a fifth greater than the 1943 production. As for citrus fruits, the homemaker can expect fully as much of these types as from the 1943 bloom.

### Bumper Vegetable Crops

Commercial truck crops for the fresh market in 1944 will exceed the previous bumper year of 1942 by 11 percent. New high records were set in particular for cabbage, lettuce and onions. And tonnage for eight important vegetables for processing was up about 10 percent over 1943....these vegetables include snap beans, green peas, sweet corn, tomatoes, beets, lima beans, kraut cabbage and pimentos. While the production of sweet corn, green peas and snap beans is lower than last year, tomatoes were about a fifth more plentiful.

### Dairy and Poultry

Farm flocks laid more eggs this August than in any other August in history... 42 percent more than the ten-year average. All through this year record supplies of eggs have been available to homemakers. Production during the first eight months of this year topped all other years in all parts of the country. The U. S. production during this period was over 44 billion eggs...Nearly a half more than the ten-year average. In contrast to last year, the number of pullets not yet of laying age on farms September 1 had decreased 16 percent from a year ago. And of the chickens hatched from June 1 to September 1 there were 37 percent less on farms than last year...this is the smallest number in four years of record.

Milk production during August was 2 percent less than the same month last year, chiefly because pastures were affected by drought. Supplies of butter for civilians will be much smaller than last quarter of this year than last year.



### MORE CRIES FROM ONIONS

Now is the time to recommend recipes that call for a smothering of onions. The late summer crop of onions now coming to market promises to exceed a billion 7 hundred million pounds. This looks like the biggest onion production in history and is 52 percent greater than the crop of last year.

This onion supply is not too much. It's just that there is a shortage of storage space in the western states where the expansion in acreage and yield was greatest. Unless storage space can be found in the homes of consumers, a large part of this year's harvest may be lost.

### Onions are a Victory Food Selection

In face of the record production and storage problem, onions have been designated as a Victory Food Selection for the period September 21 through October 7. The War Food Administration designates a product as a Victory Food Selection when the supply is exceptionally heavy and must be moved rapidly into consumer channels. So during this period encourage consumers to eat more onions and to lay in an extra supply of ten pounds or more.

As for using the supply, suggest to your listeners that they have some of the utility beef ground into hamburger.... a natural combination with onions, stews, pot roast, meat loaf, chili, braised meat dishes, and vegetable combinations are all enhanced by the flavor of onions.

### Storing Onions at Home

The consumer who wants to store onions at home over a period of several months should select good, fully dried onions. Then the onions should be kept in a dry place because humidity causes onions to rot. A pantry or attic is superior to cellar storage. Or the onions may be spread on a screen placed overhead in a garage or back porch. Just be sure the temperature is as near freezing as possible, but don't permit the onions to freeze. The recommended temperature is from 32 to 55 degrees. There should also be a free circulation of air around these vegetables, never pack the onions too tightly in a closed container.

### FOOD NOTES FROM 18TH CENTURY WRITINGS

- ARTICHOKE.....An early medical authority recommended artichokes baked in a pie after being boiled. He claimed this concoction was a restorative and strengthener of the stomach.
- RICE.....Horace said, "If with pure hands you approach altars, there is no victim more efficacious to soften the irritated gods than a religious offering of rice seasoned with salt.
- ROSEMARY.....Rosemary was in great esteem among the Roman physicians, as well as the Arabians, who used it to restore speech to those who had become dumb by the palsy. In many countries, it was a practice to put rosemary into wardrobes on account of its smell, and as a preservative against moths and other vermin.

## CHRISTMAS GIFTS FOR U.S. PRISONERS OF WAR

Christmas packages for the boys overseas are being mailed now and until October 15 to assure delivery in time for the holidays. The Red Cross Prisoner-Of-War Packages Center in Philadelphia started its Christmas packaging in the middle of August. The Red Cross wanted to be sure that each American prisoner of war and civilian internee held by Germany would have a special Christmas gift on time. The Red Cross packing centers in New York and St. Louis will continue making up the standard food parcels which go to American prisoners in Europe weekly. The standard food packages go to the Orient whenever Japan permits delivery.

### Gifts to Remind Them of Christmas

The Red Cross Christmas package brings a bit of luxury into the lives of the internees. It will contain articles that the prisoners would not get usually and things to remind them of Christmas. The contents include canned turkey, plum pudding, sausage, butter, deviled ham, cheddar cheese, bouillon cubes, tea, honey, strawberry jam, candy, mixed salted nuts, fruit bars, dates, sliced pineapple, chowing gum, playing cards, cigarettes, smoking tobacco, a pipe, wash cloth, a game, a picture for barrack walls. That picture is of some typical American scene such as Niagara Falls or Old Faithful, or perhaps a Currier and Ives reproduction. With few exceptions the food in these packages is purchased through the War Food Administration.

### A Package From the Family, Too

The next-of-kin to a prisoner of war or civilian internee in Europe may also send a Christmas package. Every box the next-of-kin mails must have the current parcel label attached that has been issued by the office of the Provost Marshal General. These labels go out automatically every sixty days and it is not necessary to request them. Relatives other than the designated next-of-kin are not entitled to obtain parcel labels. There is, however, no objection to other members of a prisoner's family contributing to the package provided it does not exceed the permitted weight and size.

## NUTRITION IN WARTIME ENGLAND

September is Nutrition Month in the United States because the war has re-emphasized to the American people that the strength of a nation depends on how food is produced, conserved and used in the fight for freedom. During the month the press and radio, magazines and clubs across the nation will deal with popular understanding of good eating habits. In England too, ever since the war began the British Food Ministry has carried out this idea of direct contact with the people to give food advice. The Ministry Of Food has created some fifty food advice centers in different parts of the British Isles. These centers are each staffed with about half a dozen women who are skilled cooks and have practical experience in wartime housekeeping.



### Food Advice Available to All

The centers are usually opened in a shop in a busy street of a town, people come in to get advice on how to provide nourishing meals, work out their ration points, or deal with some special difficulty.

The centers give suggestions on packed lunches, children's meals, and preparation of wartime dishes.

At stated times during the day, demonstrations of simple wartime dishes are given and emphasis is laid on the importance of a balanced diet. The demonstrators don't stay in the center all day. They go out to the big stores and into factories at the lunch hour. At many market places in Britain, too, the food advice booth is open every week.

The women in Britain have had a difficult job to cope with wartime food problems, so the food advice centers have been most helpful. And when a homemaker has learned a good food trick herself...she brings the idea to the center so that it will be shared with other women.

### THE FALL FOR APPLES

Apples, popular fruit in group three of the Basic Seven Food chart, will account for about a fifth of the total fresh fruit supply this year. Although the apple harvest is only slightly above average, it is expected to total nearly one and a quarter million bushels...which is 38 percent greater than the small yield last year.

While an apple a day may not keep the doctor away...regardless of the old proverb...it is a fruit that adds to our well-being. Group three fruits and vegetables are not significant for any vitamin or mineral, but they make good all-around contributions to the diet. However, apples in view of their large use do contribute plenty of vitamin C if eaten raw. They also give us a fair amount of iron. When apples are made into sauce and cooked they lose about a fourth of their vitamin C.

### Apples Are Adaptable

Another reason for hailing the fall harvest of apples is their adaptable use. We use apples raw, in vinegar, apple butter, apple cider, canned juice and sauce. And even though they lose some food value when you cook them, it would be tiresome to eat apples raw always. Apples with a tart flavor are really better when you cook them and add a bit of sweetening. Also the fruit with bruises and bad spots are more adaptable to cooking. These cooked uses include baked apple, apple sauce, pie or dumplings. Fried in bacon fat or other table fats, apples are a good accompaniment to the meat course. They may also be scalloped with sweet potatoes or used as apple stuffing with baked spare ribs. As a dessert they may be used in apple sauce cake, with tapioca, or with bread crumbs as brown betty.

As for storage, apples keep longer than most fruits at room temperature. But they'll taste better and keep longer if kept in a cool, moist storage room. A well ventilated cellar with a dirt floor makes a good place. The temperature of the storage room should not be lower than 35 degrees and the most desirable temperature would be between 35 and 40 degrees. Although apples have a natural protective coating they tend to absorb odors from vegetables stored in the same room...so it's a good idea to choose their storeroom company carefully.

## IN THE BAG

You may know them as the earth nut, goober, monkey nut or pinder....but by any other name they're still peanuts. And roasted peanuts especially the Spanish variety, and peanut butter, will continue plentiful during 1944.

This year the peanut crop is the largest in history. A billion and a half pounds will soon be available for processing into favorite peanut products... butter, salted and roasted nuts and peanut confections.

### Small Spanish Nuts Especially Plentiful

Nearly half the commercial edible crop of peanuts is made into peanut butter. Some 700 million pounds of farmers' grade peanuts may be turned into peanut butter during the coming year. Salted peanuts are second in popularity. The small Spanish salted type will be especially plentiful on the home markets. The Virginia shelled peanuts, or the jumbo type, will be scarce since Uncle Sam is reserving nearly 50 percent of the crop of Virginia's for shipment to our armed forces overseas in the form of salted peanuts. The boys at the front will receive some salted Spanish, also.

### Every Part of the Peanut Plant is Used

Early in the war farmers were asked to increase their production of peanuts because of the nation's need for vegetable oil. Peanut oil can be used to replace imported oils, mainly coconut oil, which used to come from the Dutch East Indies, the Philippine Islands, and Malaya, and to some extent olive oil from Europe. Every part of the peanut plant and all by-products resulting from factory processes can be used, mainly for stock feeding. Peanut hay, press cake and meal by-products left from making oil are excellent feed for cattle and hogs. Peanut shells are used for fuel or as a filler in stock feeds.

Peanuts are mainly valuable for food and forage but to some extent they have gone to war in such forms as explosives, oil, salves and medicines.

### Peanuts are a Very Good Food

Though peanuts are regarded often as a between-meal snack to be eaten just for enjoyment, they are really a very good food. They obtain high quality protein and are a good source of fat. That fat content of peanuts ranges from about forty to fifty percent and the protein content ranges from about thirty to thirty-four percent. Just one ounce of peanuts will provide about a tenth of the day's requirement of protein. Peanuts can also be a very important and inexpensive source of thiamine, riboflavin and niacin. A one-ounce package will supply about a fourth of the day's requirement of niacin. Their protein and fat content place peanuts in group five on the Basic Seven chart with meat. Peanuts, however, are not a satisfactory substitute for dairy products or eggs.

Peanut butter is an excellent example of a nut prepared in a way to increase ease of digestion.



### APPLES IN ENGLAND

Fresh apples from the United States will appear this winter in the markets of the United Kingdom. This will be made possible largely through the substitution of fresh fruit for part of the allotment of dried apples, which will be scarce this season.

Britain was formerly the principal export market for fresh apples from the United States, but they have received no fresh apple shipment since 1941, due to lack of shipping space. During the five-year period from 1934 to 1938, exports to Britain averaged a little more than 5 million bushels of apples annually.

The War Food Administration says that every effort will be made to distribute purchases equitably between the Eastern and Western producing areas. Shipments from eastern orchards will consist of U. S. No. 1 and better grades in 2 to 2½ inch and 2½ to 2¾ inch size groups. Purchases from the Pacific Northwest will consist of extra fancy and fancy grades in 175 to 252 size range.

Shipments will be packaged in boxes and barrels with boxes required to be strapped. Western fruit will be wrapped in oil papers, and eastern fruit will be packed in adequate amounts of shredded oiled paper.

### THE SEPTEMBER STORAGE SITUATION

As of September 1, the storage situation was less critical than it was on August 1, 1944. Cooler occupancy was down 3 points, while freezer occupancy remained the same. This relatively heavy decrease in cooler occupancy is accounted for by the heaviest August net out-movement of meats on record, and also by a perceptible reduction in the stocks of shell eggs.

Freezer occupancy did not increase, mainly because some half a million more cubic feet of space was held at freezer temperature on September 1 than on August 1.

On September 1, 1944, cooler occupancy was 81 percent. Some 1,981,000,000 pounds of commodities were stored in coolers of all warehouses. Apples, pears and cheese began to move into coolers, while shell eggs, meats and lard moved out. The total weight of cooler commodities included 188 million pounds of hides, pelts and miscellaneous commodities.

Freezer occupancy of 89 percent reflected commodity holdings of 1,685,000 pounds. The major commodities moving into freezers during August were fruits and vegetables, creamery butter, poultry, lamb and mutton, and the net increase in these commodities was 59.3 million pounds. Frozen eggs, frozen beef, frozen pork and fish moved out of freezers during August.

The beginning of the apple and pear season brings the apple house space into prominence. With 246,000 bushels of apples and 3,921,000 bushels of pears in addition to other cooler commodities now stored in apple houses, the apple house cooler occupancy was 33 percent compared with an occupancy of 29 percent at the same time last year. Large quantities of commodities other than fresh fruits were shipped out of apple houses during August, releasing some space for the 1944 apple-pear crop.

MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS..... Washington-grown peaches, Italian prunes and Bartlett pears. These three items should be canned now.  
IN MODERATE SUPPLY.... Cantaloup, apples and watermelons (lower). Oranges and honeydew and casaba melons.  
IN LIGHT SUPPLY..... California table grapes (ceiling prices). Home-grown quinces.  
BEST VEGETABLE BUYS.... Corn, onions and beets  
IN MODERATE SUPPLY.... Carrots, cauliflower, eggplant and squash, tomatoes, spinach and celery, lettuce, cucumbers, brocolli and radishes. Peas (lower), potatoes (ceiling). Louisiana and California sweet potatoes (lower)  
IN LIGHT SUPPLY..... Snap beans, cabbage.

PORTLAND

BEST FRUIT BUYS..... Pears (just right for canning). Apples and watermelons (lower)  
IN MODERATE SUPPLY.... Peaches (picking season almost over - canning season over cantaloups (lower). Oranges  
IN LIGHT SUPPLY..... Juice grapes (just starting to arrive)  
BEST VEGETABLE BUYS... Local tomatoes (can now). Onions (consume more so the crop won't go to waste)  
IN MODERATE SUPPLY.... Corn, eggplant, summer squash, peppers, bunched vegetables, cauliflower  
IN LIGHT SUPPLY..... Lettuce

SAN FRANCISCO

BEST FRUIT BUY..... Watermelons  
IN MODERATE SUPPLY.... Cantaloups and pears (slightly higher). Peaches (slightly lower - some clings still available for canning). Plums and prunes (will probably be off the market soon)  
IN LIGHT SUPPLY..... Grapes (best quality at ceiling)  
BEST VEGETABLE BUY.... Cauliflower (lower) onions, eggplant  
IN MODERATE SUPPLY.... Potatoes. Tomatoes (last week's heat damaged crop - offerings temporarily poor)

LOS ANGELES

BEST FRUIT BUYS..... Cling peaches and Bartlett pears (can now)  
IN MODERATE SUPPLY.... Freestone peaches, (slightly higher). Plums, cantaloups, watermelons  
IN LIGHT SUPPLY..... Apples and avocados  
BEST VEGETABLE BUYS... Snap beans, lima beans, eggplant and bell peppers  
IN MODERATE SUPPLY.... Tomatoes (higher). Cauliflower, celery and summer type squash (higher). Lettuce (ceiling)  
IN LIGHT SUPPLY..... Cucumbers, cabbage and peas (best at ceiling). Asparagus (high, but lower than a week ago). Potatoes (best at ceiling)





# Radio Round-up

## on food...

A Service  
For Directors of Women's Radio Programs

San Francisco, California  
September 23, 1944

\*\*\*\*\*IN THIS ISSUE\*\*\*\*\*

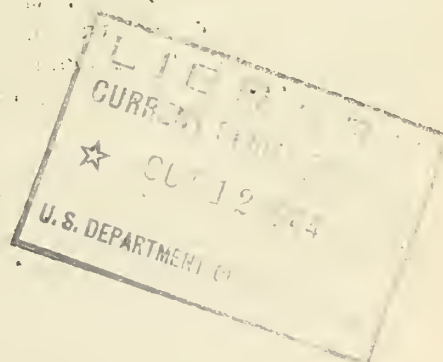
A GLANCE INTO THE U.S. SUGAR BOWL\*\*\*\*\*Our sugar supply, where it  
comes from and how it is used.

SPREADING THE BUTTER THINNER\*\*\*\*\*And that's just what we'll have  
to do...The average civilian  
share this year will be less  
than it was in pre-war years.

ON THE CHINESE MENU\*\*\*\*\* The Chinese have nutritional  
standards, too, but their diet  
includes no milk, butter or cheese.

PRESENT MEAT SUPPLIES\*\*\*\*\*How we stand in the civilian meat  
markets:....

RAISINS FOR THE HOLIDAYS\*\*\*\*\* More raisins will be on the  
market this season for making  
holiday fruit cakes, cookies and  
mincemeat.



**US Department of Agriculture**  
**Food Distribution Administration**

## A GLANCE INTO THE U.S. SUGAR BOWL

Did you know that more sugar is being used in this country than before the war? Not only are homemakers and food processors putting quite a drain on the national sugar bowl, but much sugar is being made into industrial alcohol for synthetic rubber. These demands plus smaller sugar beet crops and restricted imports because of the war will make the stock carry-over at the end of this year smaller than at the end of 1943.

### More Sugar Used This Year

Some retail stores have reported temporary shortages of sugar and this is chiefly because U. S. distributors are behind schedule on orders as a result of labor shortages and inland car movement difficulties. Preliminary information from the War Food Administration shows that the consumption of sugar in the United States during the first eight months of 1944 was more than 450,000 tons higher than for the same period last year. This was a good crop year for fruits and vegetables and more homemakers and commercial food processors were in the market for sugar. Then, during the flush season of milk production, extra sugar was granted for the manufacture of condensed milk. Also supplementary sugar was allotted to permit increased freezing of egg yolks and manufacture of eggs into commercial food products. This measure was taken when eggs were in abundant supply. Then too, more sugar was used to replace reduced supplies of corn syrup sweeteners. In addition to these food uses, 700,000 tons of sugar have been used in the form of high test molasses for the manufacture of industrial alcohol.

### Caribbean Area is U. S. Sugar Granary

To meet these demands for sugar we have beet and cane sugar from crops grown in the United States and cane sugar imports from the Caribbean area. The U. S. production of beet sugar for January through August totaled 47,000 tons. During the same period almost 750,000 tons were distributed. This meant reducing stocks of beet sugar on hand January 1 from a total of 838,000 tons to 136,000 tons on September 1. This is the lowest inventory recorded for this date since 1934.

Production of cane sugar in the United States during the first eight months was 84,000 tons and arrivals from the Caribbean area were over three and a half million tons...a total of 3,830,000 tons. But more than four million tons was distributed...so cane sugar inventories were reduced from 929,000 tons to 545,000 tons by September 1.

With the Axis dominating such important sugar producing areas as Java and the Philippine Islands, the Caribbean area has become increasingly important as the sugar granary of the United States and our Western Allies. With shipping difficulties and reduced production in some domestic areas, rationing of sugar was necessary...also international allocations.

Under the allocations procedure, the United Kingdom, Canada, Russia and other friendly nations relying on the Caribbean area for sugar, continue to receive some direct from this source and some from quantities delivered first to the United States for refining.



### SPREADING THE BUTTER THINNER

The chances are one-hundred to one that your listeners want to know why they can't buy as much butter as their ration coupons would allow and why supplies will continue tight the rest of the year. The following review may answer a few of their questions.

As far as supply is concerned, U. S. civilians will get 80 out of every one-hundred pounds of butter manufactured this year. Fifteen pounds of every hundred goes to our armed forces and the remaining five out of every hundred pounds will be sent to the Russian army...chiefly for use in hospitals. The average civilian share this year will be slightly less than 12 pounds as compared with 16.7 pounds for the years between 1935 and 1939.

#### Butter Production Smaller Than in Peacetime

This year the government bought 285 million pounds of butter...the purchases last year were 464 million pounds. Not as much butter was bought this year because of some carry-over. Last year the government had no butter stocks on hand and was forced to procure butter under a set-aside order. This meant that butter manufacturers were required to reserve a certain part of each month's supply for purchase by government agencies...with set-asides highest in months of peak production.

Even with greatly reduced purchases for war uses, civilian supplies the remainder of this year will be as tight as they were during the same period in 1943. There are several reasons for this. More people are anxious to buy butter than ever before. Our supplies are being shared with our servicemen and with Russian soldiers. Milk production is now declining seasonally. And butter production is now smaller than in peacetime. For the first seven months of this year, butter production was 131 million pounds smaller than the first part of 1943. July production was the lowest in 22 years. And in August and September, it's expected to be 15 million pounds lower than in the same two months last year. That's why some sections of the country...especially those farthest from the major butter producing areas in the mid-west...are now noticing limited supplies.

#### Milk Production Higher Than Pre-war

Smaller butter production is not the result of smaller milk production. Annual milk production is about 15 billion pounds higher than before the war. It's just that none of this increase is reflected in butter manufacture. That added supply has meant more fluid milk, cheese, evaporated milk and milk powder.

Civilians are drinking between 20 and 25 percent more milk now than before the war. This increase was desirable from a nutritional standpoint and government food officials were reluctant to cut back fluid milk sales. The dairy products most in demand for military export are whole milk powder, cheddar cheese and evaporated milk because they pack well, take relatively little space and store safely. As the number of men overseas increases so do military requirements. U. S. military forces have asked for about 75 percent more evaporated milk in 1944 than in 1943.

This September, butter manufacturers are reserving 20 percent of their supply for the government. But beginning October 1...and until the spring when production gets seasonally higher...all butter made will be for civilians.

## ON THE CHINESE MENU

Many of us are giving more thought to China than ever before since many Americans are "over there". People are asking questions about this large and rather mysterious country, China...questions about its ancient civilization... its education, and recreation, customs and food. One seventh grader asked her dad, "Do they have a Basic Seven, too?".

Dr. Mark Graubard of the War Food Administration who has studied the food habits of many countries has answered some of these questions about what the Chinese eat. Referring to the Basic Seven he says that Chinese scientists too, have certain nutritional recommendations, but the groupings are different from ours. People can get the nutrients necessary for growth and health from many foods and many different combinations of foods. Scientists frequently assure us that the traditional eating habits in almost any part of the world can be modified or balanced in such a way that everyone could be properly fed, yet continue to enjoy foods he's accustomed to eating.

### Rice Not Popular in North China

During peace time the average Chinese usually got enough calories in his diet, but he still suffered from "hidden hunger". By that is meant, the diets of the majority generally were deficient in iron, protein, fats, and calcium. In southern China they lack vitamins A and B. North China needs more vitamins A and D. In the South, they eat rice, barley and millet, but no bread. And in the North where wheat and rye bread is a staple part of the diet, rice is not popular.

The Chinese diet is mainly vegetarian. The people get their protein from cereals, vegetables and legumes...especially soya. Vegetables of many kinds are fairly plentiful. Greens are a regular part of the diet. Sweet potatoes are popular...much better liked than white potatoes. That may be explained by the shortage of sugar in Chinese diets. Sorghum and sugarcane juice are the common sweets, but they are not plentiful. The Chinese never put sugar in tea which they consume in large quantities. Except in the homes of the wealthy, sweet desserts are almost unheard of. Fruits are pretty widely eaten.

### No Milk, Butter or Cheese

The surprising omission in Chinese meals is along the dairy line. The people have no milk, butter or cheese whatever and very few eggs, which explains the widespread deficiency in vitamin A. They have a little fat...vegetable oil... which is used sparingly in cooking and seasoning.

The people who live close to the coast get fish occasionally. If the Chinese distribution system for food were better more people could enjoy this supply of fish. Most Chinese consider themselves lucky to get mutton once a month. It's such a treat that they cut it in very small pieces and mix it with rice and vegetables. Otherwise meat is very rare.

At least in one respect the Chinese peasants eat more wisely than their more affluent neighbors. Because they have very little fuel for cooking they are less likely to overcook their vegetables; and they always use the water in which they cook them for soups or sauces. Consequently, they lose less of the mineral and vitamin content of vegetables. And because food is hard to get they are not so apt to refine the cereals, retaining the extra food value found



## PRESENT MEAT SUPPLIES

Many homemakers are finding that the meat supply picture is a constantly changing one. A few months ago all cuts of pork were abundant...now ham and bacon and pork loins are scarce. One reason for this is that not nearly the number of hogs are coming to market as a few months ago and not as many as a year ago. It is estimated that hog slaughter for October through December will be at least 15 percent less than for the same period last year. Also federally inspected packers are required to set-aside about a third of the pork they slaughter for military and other war agency requirements. Shoulders, hams, loins and bacon are the chief cuts being taken. As the 1944 spring pig crop begins moving to market in November there will be an improvement in supplies, but for the next few weeks the homemaker will find the choice pork pretty limited.

### Choice Cuts of Beef Scarce

She will also find less lamb and mutton for family meals this year as the lamb crop is considerably under that of a year ago. However the heavy marketing season of the year is approaching and supplies of this meat will increase during the next five or six weeks.

While movement of beef cattle to market is still slow, record marketings are expected in October and early November. Most cattle have been sent directly to the packing plant from the western and southwestern range country without being finished in the feed lots of the middlewest. This means more utility and commercial grade meat even though some choice cuts come from range fed cattle. The choice cuts of beef will continue to be scarce for the next month or two at least, because 60 percent of the beef slaughtered under federal inspection and which meets army specifications...must be set-aside for war uses. This is nearly a third of our beef supply. Calf slaughter has been heavy during the summer and will continue so for the next few months. With no set-aside on veal, most of the supply is available for civilian trade.

This year beef and veal will make up about 45 percent of the total meat supply. About 51 percent of our meat will be pork, and lamb and mutton will provide the remaining 4 percent.

## RAISINS FOR THE HOLIDAYS

Homemakers can expect more raisins on the market from now on and through the holidays. The War Food Administration is offering for sale through normal trade outlets over two million pounds of raisins. Some are Thompson seedless and the balance are seeded muscats.

### Add Calories With Raisins

This supply of raisins should be welcome news to those women who bake their own holiday fruit cake. Raisins also add flavor and food value to salads, mincemeat, rice or bread puddings, and sauces for meat. They can be used to stuff the centers of baked apples for dessert. By using raisins in cookies or cake, the homemaker is tucking extra calories in the box lunch that goes to school or work.

### CORRECTION ON APPLE STORY - ROUND-UP, SEPTEMBER 16

In the story, "The Fall For Apples", printed in the September 16 issue of Round-Up, the 1944 expected crop of apples was quoted as one and a quarter million bushels. The correct figure according to the September 11 crop report should read one hundred and a quarter million bushels.

Of this expected crop an estimated 3 to 4 million bushels were blown to the ground along the Atlantic seaboard by the tropical hurricane September 14. Thousands of volunteers from nearby towns have been helping the growers gather the fallen fruit, and consumers in the heavily populated eastern areas are being urged to take advantage of the temporary market surplus. Most of the apples that fell were ripe and many were bruised only slightly, if at all.

The main course of the hurricane where most of the apples dropped was from southeastern Maryland directly north through New Hampshire to southern Maine.

### FRUIT FROM FAR AND NEAR

PLUMS.....Plums are one of the oldest known fruits. They have been found in fossilized form in rocks which date to an age 6 million years before man populated the earth. Plum trees were one of the first fruits cultivated by primitive man.

APRICOTS.....Apricots were first cultivated by the Chinese. The tree was greatly revered by the Chinese because Lao Tse, the great sage, who was able to speak immediately after birth, was born under an apricot tree. He took his name from the tree.

PEARS.....In Egypt, pears were painted and carved on the walls of tombs so the occupants could enjoy them in the other world.

CITRUS FRUITS... They were first grown in Asia long before our recorded history, and citrus fruits still grow wild on the Asiatic continent.

### CALCIUM FROM SOUP BONES

For generations, the use of leftover meat bones to make soup has been the custom of thrifty cooks. And since the war, the practice has been urged as a means of making full use of rationed meat.

However, few housewives realize that bones used in soups, stews and other meat dishes may contribute important calcium to family meals. Incidentally, calcium is the mineral most likely to be short in American diets. The usual long, slow cooking of soups and stews draws some calcium out of the bones and into the stock.

Studies at the Oregon Experiment Stations show that much more calcium may be drawn out of the bones if they are broken into small pieces before cooking, and then cooked with some acid like tomato or vinegar. The acid helps to dissolve the calcium from the bones. The Chinese use this method in making sweet-sour spareribs...one of their traditional dishes. The bones may be cooked in a cheesecloth bag to prevent bone splinters getting into the soup or stew.



### NUTS IN 1944

A record crop of English walnuts is expected this fall in the states that are the heavy commercial producers...California and Oregon. Latest estimates of the U. S. Department of Agriculture are for a total crop of 74,000 tons compared to last year's crop of 63,300 tons. The average is 54,650 tons.

Most of these walnuts will come to market in their shells. Usually less than a fourth of the crop is shelled and sold to confectioners, bakers and other food industries. The common practice is to market the finer grades of walnuts in their shells and to shell the lower grades for sale as nut meats. October is the big month for walnut harvesting, but they do not reach the market in large quantity until the holiday season.

Pecans will be the second largest nut crop. They are grown mostly in the South, and this year, the crop is expected to total around 71,470 tons. Last year the tonnage was 64,474. Almonds, grown almost entirely in California, are expected this year to yield a crop of 19,700 tons...about 3,700 tons larger than last year, and 6,310 tons larger than an average crop.

### FRUIT CAKE FOR OVERSEAS MAILING

The following recipe for dark fruit cake is one which home economists consider very adaptable to sea travel.

#### INGREDIENTS

- 1 cup fat
- 1 cup firmly packed brown sugar
- 4 eggs
- 1 pound prunes (soaked, drained, pitted and chopped)
- 1 pound seedless raisins (plumped and drained)
- $\frac{1}{2}$  pound citron (thinly sliced and cut into strips)
- $\frac{1}{4}$  pound (about a cup) nutmeats (chopped)
- 2 cups sifted all-purpose flour
- 1 teaspoon mace or allspice
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon soda
- 1 tablespoon milk

#### METHOD

Cream the fat, gradually add sugar, and continue to cream until light and fluffy. Add eggs, one at a time, beating well after each. Add prunes, raisins, citron and nutmeats. Sift together flour, mace or allspice, cinnamon, and soda. Add about half of the dry ingredients, then the milk and remaining dry ingredients. Pour into two deep loaf pans (about three inches deep), well-greased and lined with greased paper - or one tube pan prepared in the same way. Bake in a very slow oven (275 degrees F.) about 3 hours. Makes 4 pounds of cake.

If it is to travel successfully, a fruit cake should be firm and rather dry when it comes from the oven. Then, if the cake is well packed, the fruit will moisten the mixture and flavors will blend to "ripen" the cake for good eating. Pack it well in waxed paper, and enclose in an inner box, preferably tin, with a tight lid. Fill any spaces with clean, fresh paper, so the cake will be rigid. Adhesive tape may help to keep a tin box lid on and the moisture out.

MARKET PANORAMA

SEATTLE

BEST FRUIT BUYS.....Apples. Watermelons (lowest prices of the season).  
Bartlett pears, Italian prunes (home canning now).  
IN MODERATE SUPPLY.....Cantaloups. Peaches (season closing, prices higher).  
Washington grown Concord grapes (preserve now).  
IN LIGHT SUPPLY.....California table grapes, boysenberries and blackberries.  
Avocados (higher).  
BEST VEGETABLE BUYS.....Onions, green corn (lower prices of the season).  
Homegrown spinach (lower). Hubbard and Danish squash  
(main harvest season - much lower). Local fall lettuce  
(lower). Snap beans.  
IN MODERATE SUPPLY.....Peppers, eggplant, cucumbers, zucchini, radishes,  
green onions, beets, carrots, rutabagas and parsnips.  
IN LIGHT SUPPLY.....Washington potatoes (Oregon and Idaho potatoes arriving  
to supplement light Washington supply). Tomatoes (higher).

PORTLAND

BEST FRUIT BUYS..... Apples (Jonathans, Delicious and Winter Bananas).  
Pears (can now before it's too late)  
IN MODERATE SUPPLY.....Peaches (most coming out of cold storage).  
Oranges (reasonable)  
IN LIGHT SUPPLY.....Grapefruit and lemons (selling at ceiling)  
BEST VEGETABLE BUY.....Onions  
IN MODERATE SUPPLY.....Corn, cucumbers, celery and lettuce (slightly higher)

SAN FRANCISCO

BEST FRUIT BUYS..... Watermelons  
IN MODERATE SUPPLY..... Tomatoes (canning season on now). Pears, grapes and  
cantaloups  
IN LIGHT SUPPLY.....Peaches (season almost over). Nectarines, plums, quinces,  
pomegranates, persimmons, Concord grapes.  
BEST VEGETABLE BUYS.....Cauliflower and onions. Corn and peppers (slightly lower)

LOS ANGELES

BEST FRUIT BUYS..... Pears and clingstone peaches  
IN MODERATE SUPPLY..... Local Brunswick figs (lower). Freestone peaches and  
plums. Italian prunes and apples and grapes (best at  
ceiling). Watermelons (almost end of the season).  
Cantaloups (slightly higher).  
BEST VEGETABLE BUYS.....Onions, banana squash, eggplant and peppers.  
IN MODERATE SUPPLY.....Potatoes, bunched vegetables, cauliflower and sweet  
potatoes. Lettuce (ceiling). Corn and squash (slightly  
higher).  
IN LIGHT SUPPLY.....Cabbage, cucumbers and peas.



1942  
F3R11S



# Radio Round-up

## on food...

A Service  
For Directors of Women's Radio Programs

San Francisco, California  
September 30, 1944

\*\*\*\*\*IN THIS ISSUE\*\*\*\*\*

A NEW WAY FOR WHEY\*\*\*\*\*The miracle drug, Penicillin, is now being grown on a culture containing milk sugar...made from whey, which was formerly almost a waste-product of the cheese industry.

MERRY CHRISTMAS FROM THE BOSS\*\*\*\*\*WFA announces that baking companies may send baked products to their employees in the armed forces - formerly War Food Order No. 1 prohibited bakers from giving away baked goods except to charitable institutions.

A GRADE FOR EGGS\*\*\*\*\*How eggs are graded, and what you get when you buy the various grades.

NUT TREES MAKE HISTORY\*\*\*\*\*The tree nuts are being harvested now, and the crop is the largest in history.

FROZEN FOODS ARE GOOD BUYS\*\*\*\*\*We'll have more frozen vegetables than fruits on the market now...and lots of frozen baked beans to help housewives save time and labor.

OYSTERS R IN SEASON\*\*\*\*\* They're coming to market in quantity now, and the peak of the season will be reached at Holiday time.

INCLUDED WITH THIS WEEK'S ROUND-UP - FIFTEEN WAYS TO USE ONIONS

We know you've already heard that the onion situation is serious...and you know that onions are a Victory Food Selection in the West from September 21 through October. But the problem is getting worse instead of better - so we just have to mention it again, and we are appealing to you to "plug" onions whenever possible - there is not enough commercial storage space to accommodate the bumper crop - so if the crop is to be saved from waste, homemakers must store a few extra pounds at home.

**US Department of Agriculture**  
**Food Distribution Administration**

### A NEW WAY FOR CHEESE WHEY

Cheese whey, like other dairy products, is taking on increased usefulness since the war. Lately it has been processed for milk sugar. This is the result of an increased demand for milk sugar for the new wonder drug...penicillin.

Previous to the war most of the cheese whey in this country had such little commercial value that factories were poorly repaid for salvaging it. Although a small amount was dried and used as a protein and vitamin supplement for commercial poultry feed, most of it was returned to the farms and fed to the calves. And large quantities were wasted despite the fact that whey contains important amounts of protein, riboflavin, vitamin B<sub>1</sub>, calcium, phosphorus, other vitamins and minerals, as well as milk sugar...or lactose,

Milk sugar made from whey became especially important when scientists discovered that the mold which produces penicillin can be grown successfully in a culture containing milk sugar. The manufacture of penicillin is not being held up because of any shortages of milk sugar. Cheese whey production has been mounting because of military, civilian and Lend-Lease requirements for cheddar cheese, and milk sugar manufacturers have installed new plants and equipment for increasing the production using whey as a raw material for milk sugar.

To encourage cheese manufacturers to salvage their whey, the War Food Administration recommended that the ceiling prices on whey products be increased. This has been done and cheese factories have found it profitable to save whey for processing.

Up until 1943 about six million pounds of milk sugar were produced per year. Before the war the principal raw material for milk sugar was the whey by-product from the manufacture of casein. Casein is made from skim milk. The supply of skim milk for this purpose has decreased because of greater demand for non-fat dry milk solids, formerly known as powdered skim milk, for food. As a result the whey from casein was decreased, and a possible shortage of milk sugar was imminent. With the cooperation of the milk sugar industry the plans of the War Food Administration to get milk sugar from cheese whey were carried out. With the result in 1944, production of milk sugar will total 12 to 15 million pounds., more than double the amount last year. All demands for milk sugar are now being met and allocations for its distribution have been temporarily suspended.

### MERRY CHRISTMAS FROM THE BOSS

Baking companies who have employees in the armed forces may send Christmas gifts of fruit cake or other bakery products to these men and women if they desire to do so, according to the War Food Administration. This provision was made because of restrictions in War Food Order No. 1 which deals with bakery products and prohibits any baker from making gifts or samples of his products except to charitable institutions. It restricts the making by a baker of more than twenty varieties of bread and twelve varieties of rolls in any one week; determines the amount of sugar and shortening in bread; requires that white bread and rolls be enriched. It also bans consignment selling. The order was passed to conserve food and effect economies in the baking industry.

Because of a more plentiful supply of wheat and other ingredients used in bakery products, the WFA is giving permission to all bakers who so wish, to send bakery products as Christmas gifts to their employees in the armed services.



### A GRADE FOR EGGS

Many of our food products are graded today because distributors and consumers want to get the quality of merchandise they pay for. When an identifying mark or label is attached to these food products, the consumer can select the quality that best suits her purpose and her purse.

The War Food Administration, through its Dairy and Poultry Branch, is supervising the use of four standards for individual shell eggs. The consumer will recognize those standards as U. S. Grade AA, A, B, and C. Perhaps your listeners are familiar with these classes, but do not know the quality requirements for each grade.

The U.S. Grade AA eggs are found on only a few markets, and must pass the highest requirement tests. The yolk is well-rounded and has a firm up-standing appearance because it is surrounded by a white that is clear and thick. The U. S. Grade A is available on most markets. The yolk is well-rounded and the white is clear and nearly as firm as that of Grade AA. Both of these grades provide the highest type of breakfast eggs. Grade B eggs can be used both for table and for cooking. The yolk is somewhat flattened and may have a slightly mottled appearance. The white is less firm and spreads out more than in the higher grade eggs. Grade B eggs are now particularly plentiful in many sections of the country. The Grade C egg is the lowest grade of edible egg. The yolk may be flat, and the white is very thin and watery. The best use of this grade is for general cooking purposes... it is just as suitable for this purpose as the higher grades. All grades have approximately the same food value.

Grading eliminates inedible eggs from mixed collections. Thus the homemaker is assured twelve good eggs in every dozen she buys.

### VITAMIN C VEGETABLES

More and more the Basic Seven Food Chart is being used as the daily guide for selecting the right kinds of food for better health. Only when the right amount of foods from each group are eaten daily does the body get its needed supply of energy --- of calories, protein, minerals and vitamins.

#### C - foods for fall and winter

One of the beauties of the Basic Seven Chart is that it is designed to fit available food supplies. For example, group two foods are notable for vitamin C... that vitamin which among other functions holds or binds the cells of the body together. We usually think of citrus fruits and tomatoes as the headliners in this group. But there are several vegetables rich in vitamin C which might well be called to the attention of the homemaker. These vegetables will be generally available for fall and winter meals.

Brussels sprouts, broccoli, cabbage, rutabagas, cauliflower and turnips belong in this group. Sweet potatoes and white potatoes can also be relied on to help out with vitamin C because we can use them often in our daily meals. However, they're not as high in vitamin C as the cabbage and turnip families.

Vitamin C is very unstable except in acid foods such as citrus fruits and tomatoes. Air and long cooking, in particular, hasten its destruction. So vitamin C vegetables should be prepared as close to serving time as possible. And the cooking should not be any longer than necessary to tenderize the vegetable.

The first part of the report deals with the general situation in the country. It is a very interesting and informative study of the country's development and progress.

The second part of the report deals with the economic situation. It is a very detailed and comprehensive study of the country's economic development and progress.

The third part of the report deals with the social situation. It is a very detailed and comprehensive study of the country's social development and progress. It covers a wide range of topics, including education, health, and social services.

The fourth part of the report deals with the political situation. It is a very detailed and comprehensive study of the country's political development and progress.

The fifth part of the report deals with the foreign relations of the country. It is a very detailed and comprehensive study of the country's foreign relations and progress.

The sixth part of the report deals with the future of the country. It is a very detailed and comprehensive study of the country's future development and progress.

The seventh part of the report deals with the conclusion. It is a very detailed and comprehensive study of the country's development and progress.

The eighth part of the report deals with the appendix. It is a very detailed and comprehensive study of the country's development and progress.



### FROZEN FOODS ARE GOOD BUYS

For the next couple of months it may be difficult to find freezer storage space for the new pack of frozen fruits and vegetables unless more of the stocks now on hand are moved into trade channels. This is due to the increased production this year of frozen fruits, vegetables, meats, fish and other perishables. Also increased army stocks of perishables have limited the amount of freezer space now available throughout the country. This means that distributors are going to be moving stocks of frozen foods into the retail trade where there are frozen food counters and locker plants.

The War Food Administration estimates there are now...October 1...about 474 million pounds of frozen fruits and vegetables in storage. This is almost a fourth more than was on hand the first of October last year. Of this amount nearly two hundred and fifty million pounds are frozen fruits and one hundred and 64 million pounds are frozen vegetables.

While the total quantity of frozen fruits is greater than that for vegetables, less frozen fruits will be made available to the retail trade. Most of the frozen fruits are diverted to making jam, jellies, and preserves for the army. But those frozen fruits which are available to the homemaker are good buys from a ration point angle. Right now they are off the ration list. Among the largest frozen fruit supplies will be cherries, peaches and strawberries.

On the other hand almost all of the pack of frozen vegetables will be going to Americans at home. The homemaker will find supplies of baked beans, snap beans, peas, corn, spinach and broccoli the most plentiful. Smaller amounts of Brussels sprouts, cauliflower, lima beans will also be on the market.

A special word about those frozen baked beans..they have become an increasingly important item in retail stocks. There are large stores of this frozen vegetable now on hand. The homemaker will find them a time saver as they are already cooked. They need only be heated and are ready for serving.

As for food value of frozen foods...experts say that vitamin losses incurred in the freezing process are relatively small.

### OYSTERS R IN SEASON

September brought the three R's for readin', ritin' and rithmetic...and another R for the opening of the oyster season. However, because of labor shortages in the producing areas, only now are oysters coming to the markets in any quantity. The peak of the supply will be reached at the holiday time and supplies are expected to be fairly good.

Large oysters from the middle Atlantic and New England states, in particular will be limited this year. High prices paid for oysters last season caused many oyster planters to market their stocks of small as well as large oysters. Usually the smaller oysters are held over for the following season.

The ready market for fresh oysters this spring also meant that few oysters were canned. Before the war, considerable quantities were processed in the South Atlantic, Gulf and Pacific Northwest states. But the fresh market sales caused canning to be decreased in the Gulf and South Atlantic areas and discontinued in the Pacific Northwest. In nutritional value, they contribute significant amounts of protein, iron, calcium and phosphorus. These minerals are most often deficient in the daily diet. So when oysters are available on local markets, they're a good investment in nutrition.

\*\*\*\*\*MARKET PANORAMA\*\*\*\*\*

SEATTLE

BEST FRUIT BUYS-----Apples. Washington Concord grapes, pears, prunes  
 IN MODERATE SUPPLY-----Cantaloups (season near end). Tokay grapes, honeydew  
 and casaba melons  
 IN LIGHT SUPPLY-----Crabapples and Washington cranberries (just arriving).  
 Avocados (higher). Lemons (ceiling). Peaches (cold  
 storage stock)  
 BEST VEGETABLE BUYS-----Onions, green corn, celery (prices lowest of season).  
 Eggplant, mustard greens  
 IN MODERATE SUPPLY-----Snap beans (slightly higher). Cabbage, carrots,  
 lettuce, spinach, squash and tomatoes. Sweet potatoes  
 (lower). Bunched vegetables and potatoes  
 IN LIGHT SUPPLY-----Artichokes and Brussels sprouts (just arriving - high).  
 Cauliflower (higher)  
 AVAILABLE FOR CANNING-----Washington Concord, pears and prunes

PORTLAND

BEST FRUIT BUYS-----Pears and Italian prunes  
 IN MODERATE SUPPLY-----Cantaloups and watermelons  
 IN LIGHT SUPPLY-----Concord grapes (beginning to arrive). Avocados  
 BEST VEGETABLE BUYS-----Onions, local beets, and corn  
 IN MODERATE SUPPLY-----Spinach, parsnips, cauliflower. Bunched vegetables,  
 lettuce and cabbage  
 IN LIGHT SUPPLY-----Tomatoes (higher). Artichokes  
 AVAILABLE FOR CANNING-----Pears and Italian prunes

SAN FRANCISCO

BEST FRUIT BUY-----Watermelons (season ending soon)  
 IN MODERATE SUPPLY-----Cantaloups (slightly lower). Apples (best near ceiling)  
 Pears  
 IN LIGHT SUPPLY-----Peaches. Avocados (higher)  
 BEST VEGETABLE BUYS-----Onions, peppers, eggplant and tomatoes  
 IN MODERATE SUPPLY-----Snap beans, cauliflower, peas and cabbage  
 AVAILABLE FOR CANNING-----Watermelon rinds for pickles and tomatoes

LOS ANGELES

BEST FRUIT BUY-----Pears  
 IN MODERATE SUPPLY-----Apples, late peaches, plums, cantaloups, grapes, citrus  
 IN LIGHT SUPPLY-----Figs, watermelons and avocados (higher)  
 BEST VEGETABLE BUYS-----Onions, sweet potatoes and eggplant  
 IN MODERATE SUPPLY-----Bunched vegetables, cauliflower and corn (higher).  
 Celery (lower). Potatoes (ceiling). Tomatoes  
 IN LIGHT SUPPLY-----Lettuce, carrots and cucumbers (best at ceiling).  
 Snap beans (higher). Mushrooms (lower)  
 AVAILABLE FOR CANNING-----Pears



UNITED STATES DEPARTMENT OF AGRICULTURE  
WAR FOOD ADMINISTRATION  
Office of Distribution  
San Francisco 3, California

FIFTEEN WAYS TO USE ONIONS\*

Place in Diet

Onions are especially valuable for their flavor appeal. They're good in themselves. They're universally favored as a seasoning.

Fresh, mature onions contain small amounts of thiamine (vitamin B<sub>1</sub>), riboflavin, and ascorbic acid (vitamin C). Young, green onions are fair sources of carotene, which the body can change into vitamin A. They are not rich in iron and calcium, but they do contain small amounts of these valuable minerals. They are high in moisture content, low in calories.

Storage

Keep in dry, cool, dark place. If you don't have such a storage place, never buy a great many at once or they'll sprout and go soft in the middle.

When You Buy Onions

Look for bright, clean, hard onions with dry skins. Watch out for decay at the stem end of each onion. If there is a moistness here, the onion may be rotten inside. Misshapen onions--grown into forms known by such descriptive terms as "splits," or "doubles,"--are objectionable only if they are so badly deformed they are wasteful to prepare for eating.

On the Table

If you "know" and like "your onions"--here are fifteen different ways to use them.

Onion Soup

6 medium-sized onions,	4 tablespoons flour
chopped fine	4 tablespoons cold water
2 tablespoons fat	Salt and pepper to taste
1 pint boiling water	Toast
1 quart meat broth	Cheese, finely grated

Cook the chopped onions in the fat until yellow, add to hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, stir into the soup, and boil for a few minutes. Add the salt and pepper. Pour the soup into bowls, place on top a slice of toasted bread, sprinkle with cheese, if you like, and serve at once.

\* Material supplied by the Bureau of Human Nutrition and Home Economics.

### Buttered or Creamed Onions

Skin the onions and if very large size cut in half. Cover with lightly salted boiling water and simmer. To prevent strong flavor and dark color, do not cover and do not overcook. Drain and season to taste with salt, pepper, melted butter, and chopped parsley if desired.

For creamed onions, after draining pour over the cooked onions a white sauce of medium thickness and sprinkle with paprika.

### Scalloped Onions and Peanuts

6 medium-sized onions	1 cup milk
1 cup peanuts, ground	1/2 teaspoon salt
1 tablespoon melted fat	1 cup buttered bread
1 tablespoon flour	crumbs

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish if you wish.

### Fried Onions and Carrots

Wash and scrape medium-sized carrots and cut lengthwise into thin slices. Skin medium-sized onions and slice them. Put onions and carrots together in a frying pan with a little melted fat or bacon drippings. Cover tightly, and cook until tender and well browned. Sprinkle with salt and pepper. Serve hot.

### Onion Scallop

Combine cooked onions with white sauce, with grated cheese added if desired. Cover with buttered bread crumbs, and brown in moderate oven. This is an excellent way to use cooked onions in combination with other vegetables left over in quantities too small to serve alone.

### Onions with Tomatoes

Combine sliced onions with canned tomatoes for stewing or scalloping. Dry bread toasted is especially good in the scalloped dish with small pieces of crisply fried salt pork or bacon for seasoning.



### Stuffed Onions

5 or 6 large onions	2 cups bread crumbs
1/2 cup chopped vegetable	1 teaspoon salt
2 tablespoons chopped parsley	Pepper
3 tablespoons fat	

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Cook the vegetable and parsley in the fat for a few minutes, then add the bread crumbs, salt, pepper, and chopped onion. Fill the onion shells with this stuffing, and bake in a moderate oven for about 30 minutes, or until the onions are tender.

For a more hearty dish, chopped cooked meat or fish or baked beans may be used in the stuffing in place of most of the bread crumbs.

### Hot Meat and Onion Sandwich

Cook 1 pint of sliced onions until tender in about 3 cups of meat broth or water. Thicken slightly with flour mixed with cold water, and cook several minutes longer. Stir in 1 pint of cut-up, left-over or canned meat and heat thoroughly. Season to taste with salt and pepper, and add celery seed, if desired, or celery tops (fresh or dried), or parsley, or tomato catsup, or chili sauce. Use as the filling for hot sandwiches with bread or hot biscuit with plenty of the gravy poured over the top.

### Smothered Steak with Onions

If the steak is a very lean porterhouse or sirloin, brown it on both sides in a little suet; then remove from the pan. Brown 1 to 1-1/2 quarts of sliced onions in the same pan. Then put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

If the steak is from the round, rump, or chuck, pound flour into it first, cut it into serving pieces, brown it in fat, add water to cover, and cook slowly for 1-1/2 to 2 hours, or until the meat is tender enough to cut with a fork. Add browned, sliced onions during the last half hour of cooking, and season with salt and pepper.

### Onion Rings with Hamburg or Sausage

Slice large onions about one-half inch thick, and place in a shallow baking dish. Season with salt, pepper, and melted fat. Add one or two tablespoons of water, cover, and bake for 20 to 30 minutes, or until tender. Serve with a cake of hamburg or sausage on top of each slice of onion.

### Onion Sauce for Boiled Rice or Potatoes

Cook a cup of chopped or finely sliced onions in 2 to 3 tablespoons of fat until they turn yellow. Add 2 to 3 tablespoons of flour and stir until blended, then gradually add a pint of cold milk. Stir and cook until smooth and thickened. Season to taste with salt and pepper. Just before serving add chopped parsley or celery tops.

### "Western" Sandwich

For a hearty "western" sandwich, beat 3 eggs. Add 3 tablespoons cold water and beat again. Brown 1/2 cup of chopped onion in 2 tablespoons of fat. Mix 1 cup of cooked finely chopped meat with the egg and water, and season with salt and pepper to taste. Add to the onion, stir, and cook until the egg is set.

### Other Good Sandwich Combinations

Onions and --

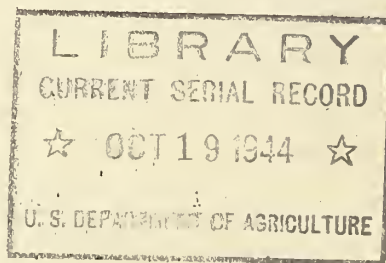
Peanut butter,  
Egg,  
Chopped meat,  
Catsup or chili sauce.

### Onions in Salads

Onion is standard seasoning in practically all vegetable salads. Here are some favorite combinations:

Onions with --

Apple,  
Cottage cheese,  
Cabbage,  
Cucumber,  
Lettuce,  
Peas or string beans,  
Tomatoes,  
Sliced orange or grapefruit.



### Spring Onions on Toast

Allow six or seven finger-sized onions for each serving. Trim off the green tops, cook the onions until tender in lightly salted boiling water in an uncovered pan. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter. In the meantime, toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.